

together **NHS**



A Remarkable 70 years - the envy of the world!



concentrating
on teamwork
SUMMER 2018

Caring at its best

NHS
University Hospitals of Leicester
NHS Trust

Welcome

to the summer
edition 2018



Welcome to this special edition of our Together magazine, celebrating 70 years of the National Health Service.

The NHS is much loved, the envy of other countries and touches every single one of our lives in some way or another. Over the last few months we have been celebrating our achievements locally and connecting with people who want to share their stories of being treated by or working in the NHS. Throughout this special edition we share with you some of those stories, memories and achievements, which are also being shared on our website and through our social media channels.

It is interesting to read about our achievements in research over the last seven decades, pages 8-9, and see how buildings and treatments have changed since the NHS began, pages 10-11.

We also meet Margaret and Charlotte – both midwives – on pages 12-13. Margaret, now retired, and Charlotte, currently a midwife working at the Royal Infirmary, have both shared their thoughts and memories about their chosen career.



Their love of the job is clear, as is just how things have changed and yet some have remained the same.

We are immensely proud of what we have achieved locally in our NHS and will be celebrating with a Big 7-Tea Party at Devonshire Place on Thursday 5 July, the NHS' Birthday. Come along and see some of what we have achieved and share your thoughts and experiences. There are more details on page 18.

I look forward to seeing you there, and I hope you enjoy reading this latest edition.

John Adler
Chief Executive



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



29 YEARS

of lifesaving ECMO at Glenfield Hospital



James (centre)
and family today!

This year marks the 29th anniversary of Extra Corporeal Membrane Oxygenation (ECMO) treatment at Glenfield Hospital.

ECMO is used when a patient has a critical condition that prevents the lungs or heart from working normally.

An ECMO machine is very similar to heart and lung machines used during open-heart surgery. It is a supportive measure which uses an artificial lung (the membrane) to oxygenate the blood outside the body (extracorporeal).

The treatment was developed in the USA by Robert H Bartlett MD, with the first successful ECMO treatment for an adult taking place in California in 1971, followed by the first neonatal survivor in 1975.

In 1989, having been inspired and convinced of its merits, ECMO was introduced to the UK by paediatric surgeons, Richard Firmin and Andrzej Sosnowski, both based at Groby Road Hospital (now Glenfield Hospital).

At this time, the value of ECMO was not recognised by the NHS so it was unwilling to fund the new treatment. Mr Firmin approached children's heart charity, Heart Link, based at Groby Road, to consider

fundraising for the £200,000 set up cost of this pioneering treatment. Heart Link was convinced of its potential benefits and an appeal was launched.

Since then thousands of babies, children and adults lives have been saved by this technique, including 25-year-old James Mulholland who was only six-weeks-old when he underwent the treatment.

In February 1993, newborn James was suffering with bronchial pneumonia. His consultant, Dr Mike Hocking at Selly Oak hospital in Birmingham had little hope of him surviving, until he read about ECMO treatment at Glenfield.

James was transferred and put on ECMO for six days, until his lungs had recovered enough for him to breathe on his own.

James' mother, Joanne Mulholland, explained: "To look at him now you would never believe what he went through. He is nearly 6 foot, fit and healthy and loves going to the gym and playing sports. His lungs work perfectly." Joanne added:

"James would not be here today without ECMO. I will be forever grateful to all the staff at Glenfield who took such good care of him."

Today, Glenfield remains the UK's largest and most successful ECMO programme, which was publicly commended for its work during the swine flu epidemic in 2009. It is currently the only UK centre to provide paediatric mobile ECMO, where the team travel to other centres, stabilise patients on ECMO and then transfer them to appropriate centres for ongoing care. The centre is also one of five in the UK to provide adult mobile ECMO, although Glenfield was the first.

Heart Link has generously continued to support Heart Link ECMO Centre at Glenfield. Since 1991 Heart Link has raised almost £6million for Glenfield Hospital.



The *NHS* in numbers



Over the last 70 years, the NHS has transformed the health and wellbeing of the nation and become **the envy of the world**



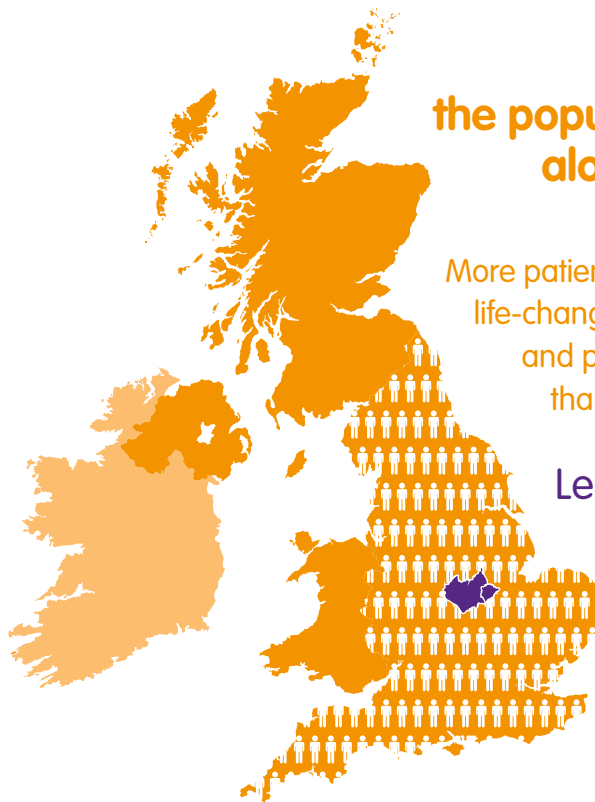
In the UK the NHS is the largest employer, with over **1.5 million staff** from all over the world and more than **350 different careers**



In 1948, the NHS budget was **£437 million**



In 2017/18 around **£110 billion** will be spent on the day to day running of the NHS in England.



Since the NHS was launched 70 years ago **the population of England alone has soared by around 17 million**

More patients now receive life-saving life-changing care than ever before and public satisfaction is higher than ten or twenty years ago.

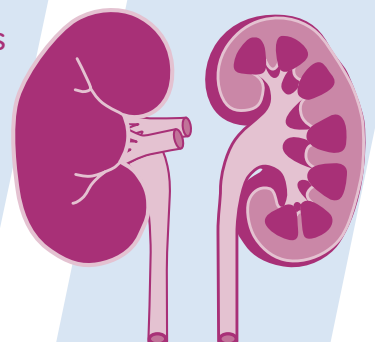
Leicester is one of the **biggest and busiest trusts** in the country

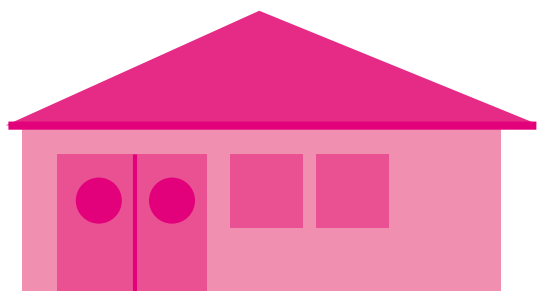


It is thanks to the NHS that we have all but eradicated diseases such as polio and diphtheria, and **pioneered new treatments** like the world's first liver, heart and lung transplant.

In Leicester we are **renowned nationally and internationally**

for specialist treatment and services in cardio-respiratory diseases, ECMO, cancer and renal disorders reaching a further two to three million patients from the rest of the country.





In 1948, there were
16,864 GPs and
in 2018, there are
41,817 GPs



There were
16 million
total hospital
admissions

in England in 2015/16,
28 per cent more than
a decade earlier.

“Thank you!”

None of this would be possible without
the skill, dedication and compassion
of **NHS staff**, as well as the
many **volunteers, charities**
and **communities**
that support the
service.



In 2017/18 there were
23 million
annual attendances at
England's accident and
emergency departments



The NHS in England treats more than
1.4 million patients
every 24 hours.

People now live an average of
12 years longer than they did in 1948.

Today's NHS is rising to the challenge of a growing
and ageing population, which means
pressures on the service are greater than
they have ever been.





Your memories and advice!

With over 15,000 employees, the insight from staff is not only invaluable, but important to our history. Over the last 70 years, we have seen many changes within our hospitals so we asked some of you to share your thoughts.



"Go for it. The opportunities can be amazing, it's hard work, very challenging at times, but so rewarding!"

Jo Dawson, Freedom to Speak up Guardian, Glenfield, with the NHS since 2008



What advice would you give to someone who was thinking about working in the NHS?



"It's not always pretty, it's not always easy, but it is the best career. No matter where you work, whether as a domestic, or a Head of Operations, it will make a positive difference to a patient's life which is ultimately why we do what we do."

Sally Le-Good, General Manager, the General, with the NHS since 1992

"My biggest lasting memory is of the camaraderie between all staff when working busy stressful shifts... These children and their families have so much courage and give so much joy, they make working in the NHS truly special."

Tee Taylor, Staff Nurse, Royal Infirmary, with the NHS since 1979

"A patient I resuscitated, thanking me on his 65th birthday, as in his opinion he wouldn't have been here to do so if it wasn't for me."

Jo Taylor, Deputy Sister, Glenfield, with the NHS since 1987



"In 1975 I was receptionist for the Ultrasound Scan in the Maternity Unit. I could hear squeals of joy from Mums-to-be seeing their babies for the very first time on a monitor."

Pamela Crawford, Receptionist, the General, with the NHS since 1994



"When I was asked at my daughter's school what my job was, I was proud to say I work for the emergency team at Leicester's Hospitals."

Steve Bates, Theatre Practitioner, Royal Infirmary, with the NHS 1994-2000 then again in 2016



"When we used to dish the food up onto plates along a belt back in the day this was one of the most enjoyable parts of our job all working together. And Christmas time when all the Managers served Christmas meals to all the staff."

Jane Toon, Zonal Coordinator, Coalville Hospital, with the NHS since 1990



"The night I was working as a trained A&E nurse on the night of the Kegworth air Disaster. A night when the team on duty worked in the most awesome way - teamwork on the part of every multi professional person on duty."

Gail Williams, Deputy Ward Sister, Royal Infirmary, with the NHS since 1972



Do you have a
key memory from
your time working
in the NHS?

1950s

Leicester-born physicist, Harold Hopkins, worked on optical designs such as **high quality lenses and zoom lenses** that were later incorporated into medical instruments. These advanced clinical diagnosis and modern keyhole surgery.



UNIVERSITY OF
LEICESTER

1960s

Peter Sneath at the University of Leicester developed computer-based methods for studies to identify and group similar microbes together. This led to **miniaturised biochemical test systems** now used in virtually every hospital and diagnostic laboratory worldwide.

**Leicester Medical School
founded in 1975**

Not only could medical students train to become doctors, but this was the start of developing home-grown clinical academics whose research could have a direct impact on clinical care in Leicester.

1970s



Alec Jeffreys at the University of Leicester developed the technique to show differences between individuals' DNA in 1984. Jeffreys said: "My first reaction to the results was 'this is too complicated', and then the penny dropped and I realised we had genetic fingerprinting."

1980s



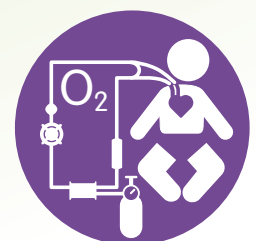
Genetic fingerprinting

has many uses in modern medicine, including identifying genetic diseases, matching donor and recipient tissue before a transplant takes place and correctly matching tissue samples with the patient from which they were taken.

The first successful use of ECMO for a newborn baby in the UK

took place at Glenfield in 1993, more fully explained in the story on page 3. The UK trial of extra-corporeal membrane oxygenation (ECMO) showed that this form of treatment improved the chances of survival of newborn babies with certain severe forms of breathing problems.

1990s



Seven decades of **RESEARCH** in Leicester



Heart doctors at Glenfield made British medical history in 2007 when they performed **the country's first keyhole aortic heart valve replacement.**

The pioneering procedure, which replaces a patient's aortic valve without the need for open heart surgery, was conducted by Dr Jan Kovac and his team.

Patients, mostly the elderly, who might otherwise not be able to survive the rigours and the general anaesthetic required for open heart surgery, have the valve implanted in their heart using a catheter inserted through the groin. They can be discharged from hospital within days.

Dr Kovac said:

"This is making a huge difference to patients. Open heart surgery is a traumatic experience for the body and simply too much for many to cope with. Now we can replace a valve without a patient needing a general anaesthetic and they can be home in days.

The whole team here are delighted and deserve the highest praise."

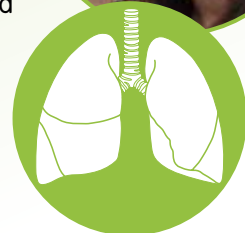
British
Medical
History

2000s

In 2016, respiratory researchers led by Professor Chris Brightling published findings from a study into

a new drug for people with moderate to severe asthma.

The study showed the new drug, fevipiprant, reduced airway inflammation associated with a particular white blood cell linked to asthma (eosinophils) and improved quality of life for patients.



2010s

Leicester Practice Risk Score

was developed in 2010 by researchers in the Diabetes Research Centre at the General.

This is now recommended by NICE for the identification of those at risk of diabetes and for identifying people with non-diabetic hyperglycaemia for the National Diabetes Prevention Programme.



The score identifies people who may be at high risk of diabetes (also called prediabetes or non-diabetic hyperglycaemia) or currently have undiagnosed type 2 diabetes using data on age, sex, BMI, ethnicity, family history of diabetes and use of blood pressure-reducing medicines.

This software calculates the risk score for all those aged 40-75 years old excluding those with known diabetes, the terminally ill and those coded with pregnancy-related diabetes, using the data stored within electronic medical records.

Leicester Diabetes Centre

Committed to Growing International Research, Education & Innovation

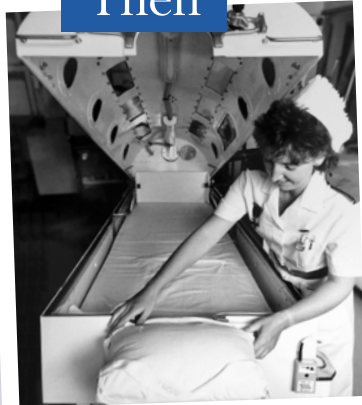


Then and Now

From innovations to renovations, over the last 70 years

Leicester's Hospitals has seen huge changes. Join us as we take a look at different aspects from our hospitals of how they were then to how they are now!

Then



Treatment for many different issues often included methods that may seem out of a horror movie. For Polio, an 'Iron Lung' chamber like the one here would house the body of a patient and apply pressure to aid breathing.

Treatment

With developing methods and treatments, our hospitals can treat issues like Polio with vaccines and ventilators without the need of huge machinery.

Now



Nursing is a profession that dates back centuries, with the likes of Florence Nightingale paving the way for the nurses of today.

Nursing

Surprisingly, male nurses were not allowed to join the professional register until 1950. Now nursing is seen a highly diverse role, welcoming every walk of life.



Buildings

When our buildings were first designed, they were built with the circa. 285,181 people of Leicester and outlying areas in mind.

Renovations and updates have developed our buildings into state of the art centres for medicine. Our new A&E department helps to manage the ever increasing needs of Leicestershire.



Intensive Care

Care has changed drastically over the last 70 years. Back in the 1940's the Intensive Care Unit was one of the key areas that could help provide the close monitoring requirements of patients.

Areas, such as Intensive Care, have improved for the better. With the development of new machines that are better equipped to provide high quality clinical result, patients get the best treatment available.



Then



Ophthalmology

Clinics are far from what we know them as now. Areas like Ophthalmology, were limited to the technology available at the time.

Now they make use of the latest equipment, which leads to better patient outcomes, helping to diagnose and treat issues easier.

Now



Repurposing Space

Areas all over our hospitals were designed with people in mind. What may look like a church and its pews is actually the old Outpatients Department at Knighton Street.

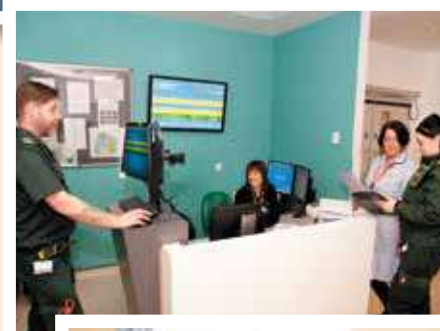
Locations have been repurposed and changed depending on the needs of the Trust.



Ambulance Desk

Coordination of our appointments and ambulances were done from simply just a phone.

We have a central location in our state of the art A&E department which makes use of the latest technology to ensure we are running efficiently.



Patient Records

A patient's records are one of the most vital aspects of care in the NHS, so it was only natural that they became huge folders filled with their medical history. They can line shelves for metres on end.

With the streamlining of services due to modern technology, thousands of patient documents are now accessed electronically. Not only does this help save time, but also aims to reduce our paper usage and wastage.



Surgery

Theatres are where all the action happens. Even back in the 1940's, operating theatres were considered cutting edge.

Due to advancements in procedures and equipment, people that would have taken around ten days to recover are now being discharged in two, due to Minimally Invasive Surgery which started in the late 1980's.



Margaret Bramley, 94, started her nurse training after turning 18. She started her career as a midwife which she loved.

What made Margaret start a career in nursing?

There was a personal reason which will resonate with many NHS workers today:

"I was inspired by my mother, aunts and grandmother, who were all nurses."

Things were a bit different when Margaret was a midwife. "New mums and their babies would stay with us for at least 10 days, with mums bed bound for five days and we taught them all how to breast feed. We had to record the name of the mother's husband onto a personal contact form, we used a wooden ruler to measure the baby and everything was written into a case book."

The other noticeable difference was the uniform: "The uniform had to be correct. Every item was labelled with your name. I wore a mauve and white dress, which had to be 12 inches in length from the floor, a white apron, cap, cloak and a pair of low black heeled shoes. To finish it off I wore a pocket watch and a thick purple ribbon belt."

"We had to make the caps and wear a fresh one every day. They had to fit on your head perfectly and you were not allowed to have any hair grips on show. I snuck one underneath just to make sure the cap was secured."

Margaret reflected: "I have to say Call the Midwife on the television is a great reflection of how I remember things."

A lot of her family have also gone on to work for the NHS including her brother who was a senior bio-chemist and her niece, Sue Flaherty, who is currently a Neonatal Nurse for Leicester's Hospitals.



Margaret with her wooden ruler and photograph of when she was a midwife

Margaret explained:

"The maternity unit was initially in a converted row of terraced houses quite close to the Clock Tower on Bond Street in Leicester."

"There was a gap between the middle of the houses which had stairs to the other wards. When we needed to get patients from one side to the other we pushed patients in a chair with two wheels up the stairs."



Bond Street Maternity Hospital

"Nothing but satisfaction to deliver"

Margaret and

To compare what it was like to be a midwife in 1948 at the dawn of the NHS, we met with current midwife **Charlotte Jones**, 43, based at the Royal Infirmary.

“After my A-Levels I decided that I wanted to become a midwife. A profession in health runs in my family as both of my parents served in the Medical Branch of the Navy, my Dad was a medic (Ship’s Doctor) and my Mum was a Children’s Nurse – that’s how they met.”

“There are certainly some differences to being a midwife today from what Margaret would have experienced,” said Charlotte smiling.

option. “In 2018 there is so much more knowledge and research surrounding high risk pregnancies, IVF and fertility for those who have struggled to conceive naturally, which means a choice to have a child can be supported. And of course babies born prematurely have a greater chance of survival.” Something firmly left in the past is the wooden ruler.



The Royal Infirmary Kensington Building

“Uniform is important for us all, but nowadays it’s important for different reasons; primarily for infection prevention and practicality. Most of us wear trousers because they’re easier to move around in. We certainly don’t have anyone measuring our skirt lengths!”

It’s not just different for midwives, but also for new mums. “Nowadays new mums are in hospital for a much shorter time. This is mainly because there is much more knowledge, improved pain relief and a better understanding of ways to help recovery. New mothers can be home within a few hours if it suits them. At the Royal Infirmary we have been trialling a new service for women who have planned caesarean sections, called Enhanced Recovery, where if everything goes well mums are able to go home after 24 hours.”

If you were of childbearing age in the 1940’s and had a heart problem you would have been advised that pregnancy was not an



Charlotte holding a new baby born at the Royal Infirmary

“The babies’ measurements are found out during pregnancies through scans and ultrasounds. This means we don’t need a wooden ruler to measure babies when they are born.”

What hasn’t changed? “We still encourage new mums to breastfeed and to consider a home birth as an option if they are low risk.”

Charlotte cheerfully explained:

“The best thing about my job is the relationships I build with the women and their families.”

...eats the job
...of helping
...a baby!”

and Charlotte

Remarkable Donations



"The number of patients receiving life-saving or life improving transplants as a result of families saying yes to organ donation at the end of their loved ones life is fantastic."



Organ donation over the past 70 years

1948
NHS established
NHS

1960
First UK kidney transplant

1965
First 'non-heartbeating' donor kidney transplant

1968
First UK heart transplant

1968
First UK liver transplant

1983
First UK combined heart and lung transplant

2007
First UK living liver donor

2007
First-ever UK paired kidney swap

2000
UK Transplant established

1994
The NHS Organ Donor Register set up

1987
First "domino" transplant - recipient of a new heart and lungs donated their healthy heart

1986
First UK lung-only transplant



In 2017/18, there were 1575 deceased donors in the UK that were converted into 4035 transplants. This number is higher than previous years: 1413 in 2016/17 and 1364 in 2015/16. At Leicester's Hospitals, we had 13 consented organ donors.

Dr Susan Dashey, Consultant in Anaesthesia, Intensive Care Medicine & ECMO at Leicester's Hospitals said:

"The developments in organ transplantation over the last 70 years within the NHS have been remarkable, with new and novel technologies being developed for the future to allow organs donated to be the best possible for their recipients. The most important thing individuals can do is have the conversation with their family about their wishes at the end of life."

Our organ donation team consists of two clinical leads for organ donation, Dr Susan Dashey (Glenfield) & Dr Jane Gill (Leicester Royal) and two embedded specialist nurses for organ donation (SNODs), Rebecca Ashman & Sabina Hardman who are supported by the wider team from NHS Blood & Transplant. Their aim is to promote organ donation within the Trust and support colleagues and families in honouring the end of life wishes of their loved one.



Appeal

NHS Blood and Transplant is asking everyone to give the NHS best birthday present ever by doing something amazing today. With just a few clicks you can save lives by registering to give blood and join the organ donor register.

www.organdonation.nhs.uk



FUNDRAISING: PAST, PRESENT AND FUTURE

The Past

Fundraising before the NHS. For as long as there have been hospitals in Leicester, our generous sponsors, donors and fundraisers have made a difference.

This generous charity work can be traced back to 1948. If you visit one of the old Nightingale wards, named after Florence Nightingale, such as Odames Ward - now the Royal Infirmary's library - you will see embedded in the wall plaques which local benefactor sponsored that particular bed. Before 1948, hospitals were run on a mixture of patients paying for treatment and charitable donations which funded beds, helped create wards, and provided funding for those too poor to pay for treatment. This was known as public subscription. The hospitals also

benefitted from wealthy philanthropists, like Henry Trueman Mills, who funded the creation of Mills Ward in the 1930s (since demolished in the 1970s) and left a legacy for its upkeep.

Before 2002 when Leicester Hospitals Charity was formed, the three hospitals were active at different times with their own fundraising initiatives. In the 1990s, the Leicester Royal Infirmary raised funds to create a play roof for the children being cared for at the LRI. After extensive renovation, the children's play roof began a new lease of life in 2009. In 1999, the Glenfield formally opened the now familiar Breast Care Centre, funded

through a major capital appeal in the 1990s. Then, as now, funds were also available for additional enhancements such as new or extra equipment; comfy chairs, pillows, and items which make the patients' stay that bit better.

Shortly after the three Leicester hospitals joined together to become the University Hospitals of Leicester NHS Trust, Leicester Hospitals Charity was formed in 2002. Like the hospitals, the Charity was created by bringing all of the charitable funds held by each hospital together and becoming one single registered charity.



Ways to fundraise Part 1 for Leicester Hospitals Charity

- 1 Walk for Wards
- 2 Sponsored events - This could be a marathon, parachute jump or swim. Or even a dance-athon.
- 3 Themed Nights - This can be a fun way of fundraising. There are a variety of themes you may want choose from such as Bollywood, 80's, Fancy Dress or Pirates.
- 4 Quiz Nights
- 5 A disco, barn dance, karaoke night or ball.
- 6 Throw a Halloween, Christmas or Valentine's Day party.
- 7 Coffee mornings or cakes sales
- 8 A fête
- 9 Car boot sale
- 10 Fashion Show
- 11 Sports tournament
- 12 Ask friends and family to make a donation at weddings, birthdays or anniversaries.
- 13 Dress-up/down day
- 14 BBQ
- 15 Give something up - TV, phone, chocolate, smoking, drinking
- 16 Treasure Trail
- 17 Charity performing arts production.
- 18 Auction
- 19 Swear Jar
- 20 Knit and natter
- 21 Car Wash
- 22 Arts and Crafts fair
- 23 Slim-a-thon



The Present

Every year, **Leicester Hospitals Charity** is able to give around £2 million pounds to the wards and departments in Leicester's Hospitals.

This amazing amount of money could not be given without the continued support of you, our fantastic donors and fundraisers! The contributions have made it possible for us to offer our patients comfortable surroundings whilst they receive treatment. It has also enabled us to buy

the latest and greatest state of the art medical equipment and fund ground breaking medical research for the benefit of all.

Below are just a few examples of the areas we have been able to enhance or equip, with the help of our generous donors and fundraisers.



Butterfly Walk

Children's research



Baby Loss Appeal



Ourspace



Outpatients' area



Our hospitals still need help. Can you help?

Have you ever noticed an area of the hospitals that could use a little love and attention? Fundraise and give something back to our hospitals with the focus being on what YOU want to change. There are many ways you can fundraise for us, so have a look through our 70 ideas for fundraising and look out for posters around our hospital. Alternatively, visit our website or give us a ring:

www.LHCharity.org.uk
0116 258 8709



70 Ways to fundraise Part 2 for Leicester Hospitals Charity

- 24 Bake-off
- 25 Fashion Show
- 26 Head shaving
- 27 Litter Picking
- 28 Murder Mystery Night
- 29 Obstacle course
- 30 Pet Show
- 31 Pub Games
- 32 Tug-of-war
- 33 Welly Throwing
- 34 Raffles or Bingo
- 35 Busking



- 36 Christmas Card Sale
- 37 Come Dine with Me for Charity
- 38 Customize and Sell your own Wristbands
- 39 Host a Darts Match
- 40 Mow Lawns
- 41 Pack Bags at the Supermarket
- 42 Make Donations through Payroll
- 43 Plant Sale
- 44 Sponsored Bungee jump
- 45 Sponsored Cleaning
- 46 Have a sports day



PRESENT AND FUTURE

70
YEARS
OF THE NHS
1948 - 2018

The Future

Leicester Hospitals Charity is only able to support the work of the three hospitals because of the thousands of generous gifts we receive each year.

This means we can make hundreds of grants to staff to provide much-needed equipment,

improved environments on wards meeting rooms and clinics, additional training for staff to deepen their understanding of the work they do and many more things besides.

In turn we at the Charity are trying to make it easier for staff, patients and visitors to support us. Our website

www.LHCharity.org.uk allows you to make a donation to the ward or specialty of your choice; our new shop at the General (and our existing shop at the Glenfield) are painted bright orange to help them stand out, and to encourage more people to visit. And each year we plan to hold more fundraising events and develop bigger and more ambitious fundraising appeals to bring in greater levels of support for our patients and staff.

In addition to our appeals, each year we will receive gifts in people's wills. These gifts can be large or small and can have a transforming impact on our work.



Our partnerships with organisations like Leicester City FC and the University of Leicester will continue to develop.

We have also been able to secure support from national bodies like The Pears Family Charitable

Foundation, to allow

younger, less experienced volunteers a chance to come and help at our hospitals. The funding has been awarded by the Pears #iwill Fund created by Big Lottery, the Department of Culture, Media & Sport and Pears Foundation for the Young Volunteers Programme at Leicester's Hospitals.

The Young Volunteers Programme is enabling young people to access volunteering opportunities in the NHS and Leicester Hospitals Charity is really pleased to have secured funding for the Young Volunteers Programme here at Leicester's Hospitals.

The younger generation have unique talents and new ways of working that are

crucial for the NHS workforce. The Young Volunteers Programme is a way to engage with those young people, to harness those fresh ideas, energy, optimism and that willingness to learn. It's about looking forward to the next 70 years of the NHS and inspiring those who will be the future workforce of the NHS.

So we have big plans, but our future relies on you - as patients, visitors and staff - to help us help you in return.

So please join us, get involved, and help make a difference to our hospitals.

Thank you.

Pears Foundation



HELP US

70

Ways to fundraise Part 3 for Leicester Hospitals Charity

- 47 Play a classic movie at your local theatre
- 48 Host a swap shop
- 49 Eat-A-Thon
- 50 Bingo Night
- 51 Walk to school or work for a week
- 52 Chari-tea- host a tea party
- 53 Coffee morning
- 54 Race night
- 55 Face painting competition
- 56 Poetry competition
- 57 Guess the baby
- 58 Charity Ball



- 59 5-a-side
- 60 Girls night in/out
- 61 Host an Irish Night
- 62 Odd socks day
- 63 Music and mulled wine evening
- 64 No make-up selfie/ natural week
- 65 Name the Teddy
- 66 Open Garden
- 67 Uniform free day
- 68 Vintage sale
- 69 Waxing
- 70 PlayStation/Xbox console night



Join us...

NHS

Meet NHS Staff & Volunteers
Tea, Sandwiches and Cakes
Entertainment, Talks & Films



...as we
come together
to celebrate
**70 Years of
the NHS**

**Thursday
5 July
2018
2.30pm -
5.30pm**

**big7
Tea
Party**



Venue: Devonshire Place, 78 London Road, Leicester LE2 0RA
After the Tea Party you are warmly invited to our special:

**big7Tea
Conversation**

Meet our panel of
key NHS decision makers.
Come along and be part
of a conversation that will
help shape your NHS over
the next 70 years.

**6.15pm -
8.15pm**

same
day and venue



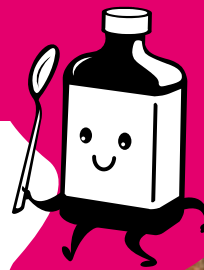
There is no need to book, simply turn up and celebrate with us.
The venue has limited parking, but there are alternative spaces nearby.

For further information please email membershipdesk@uhl-tr.nhs.uk or telephone 0116 258 8592

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.



11 July Children's Allergies

Dr David Luyt,
Paediatric Consultant

The prevalence of food allergy has increased dramatically in the UK over the past 20 years. Join us to hear how we are implementing the most up to date research to treat, cure and even prevent food allergy in young patients.

Please note
we will **NOT** be
running a talk in
August

20 September Injection Antibiotics at Home - Helping patients get out of hospital sooner

Dr Helena White,
Consultant in Infectious Diseases

Some patients require injection antibiotics but are otherwise well enough to leave hospital. Dr White will discuss how we are managing to treat more patients with antibiotics out in the community.

Contact Us!

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



Supporting
NHS70

Join us to celebrate 70 YEARS OF THE NHS

FREE family health fair and fun-day

For more information and a full
programme visit:

www.le.ac.uk/nhs-70th

University of Leicester
Events Square
University Road
Leicester

Saturday 7 July 2018
11.00am - 3.00pm

FREE PARKING



70 YEARS of Volunteering

We have volunteers who are celebrating their 70th birthday this year and who bring with them 70 years of experiences, knowledge and skills to help support our patients and services. Some have shared with us why volunteering in the NHS, especially in this 70th year, is so important to them.

Bleddyn
is a Buggy Driver at
the Royal Infirmary



“ When I retired as a teacher and head teacher in Leicester and Leicestershire after 35 years, the public servant in me kicked in as the opportunity to drive the buggy at the Royal was irresistible. For the last 11 years on a Monday afternoon I've driven the outside buggy taking patients and visitors to the clinics. They are very appreciative of the service and I enjoy the chance to be helpful. The support the drivers have from the volunteer services is excellent and we form an effective team. May it continue for the next 70 years! ”

“ I started volunteering because I had time on my hands and previously volunteered elsewhere. My family don't live close by so I wanted to help others the way people help my children. The people are really nice and I enjoy doing something that is small to me but really big to the people I am helping. It is satisfying knowing what to do when others need help. ”

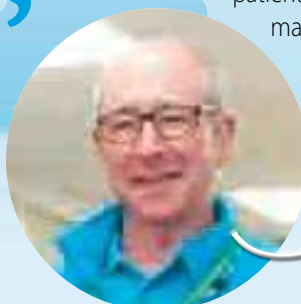
Anne
is a volunteer on
Meet and Greet at
the Royal Infirmary
Windsor Entrance



“ I came to volunteer because I enjoy it and I want to do good deeds. I have worked all of my life for money and helping patients makes me happier than working. Believe it or not when I come home I feel years younger and it gives me a real boost. I feel blessed to be able to help people. Money is nothing – feeling that you have helped people is so rewarding – it is an honour. ”

“ I am a Meet and Greet volunteer and I have been volunteering for about three years. I really enjoy it and hope to continue for as long as possible. We are able to help both patients with clinic appointments and visitors find their way around the hospital. This can be just giving directions or taking them to their appointments. I hope this helps to take the stress out of visiting the hospital. It's nice to build a rapport with regular patients and have a bit of banter. This helps to make them feel as if they are not just a number. I would recommend volunteering to anyone. ”

Kaniz
is a Ward Hairdresser
at the Royal Infirmary



David Hersey
is a 'Meet and Greet'
volunteer at the
Royal Infirmary

A huge thank you to all of our amazing volunteers for all that they do.

Volunteers have always played a part in the delivery of services within hospitals. The very first Voluntary Hospitals relied on fundraising activities by volunteers to fund their services and volunteer management committees to make decisions about how they were run. During the war volunteers undertook nursing and caring duties in order to meet the demand. In 1918 there were more

than 60,000 unpaid volunteers working in auxiliary hospitals of various kinds. Following the NHS Act of 1948 volunteers continued to provide many services within hospitals, such as helping to serve meals and drinks, visiting patients, driving, trolley services and libraries. Volunteering within our hospitals has grown and developed over the years to meet the demands of an ever changing

NHS and the patients we support.

Our volunteers today are still involved in all of the ways they helped 70 years ago, plus many more, proving that they are as valuable as ever in making a difference to the people who use our services.

Manu
is a Loughborough
Community Hospital
Support Volunteer



“ I volunteer because I love helping people. I have recently moved here and used to volunteer in a hospice. I really love to see people who come with sad faces, who then have happy faces once I have helped them. There are a lot of lonely people who just want someone to talk to. The NHS has given me the opportunity to help people out and I love to do it. ”

“ Volunteering in the NHS keeps me mentally and physically fit. It also gives me a sense of purpose and enables me to give something back to an organisation that has given good care both to me, to friends and to members of my family. ”

Cheryl
is a survey
volunteer



The NHS is 70 years old this year and so are we!



Ken
is a Buggy Driver at
the Royal Infirmary

“ I became a volunteer after my son-in-law broke his ankle. I took him to Glenfield Hospital for his outpatient visits, and saw an advert for volunteer buggy drivers. He said that's just up your street and my wife agreed straight away! Anyway the rest is history. I have trained other volunteers and really enjoy getting patients to their destinations and it keeps me motivated. ”



Why we love working in the NHS

Dawn



It is a big family, who care for everyone no matter what.

33 years in the NHS

Sulakhan



I enjoy helping patients

18 years in the NHS

Zuber



I get to make a positive difference

7 months in the NHS

Anna



There is nothing better than being a nurse and an educator.

36 years in the NHS

I love to focus on what matters most and live the Trust values

Randall



14 years in the NHS

Linsey

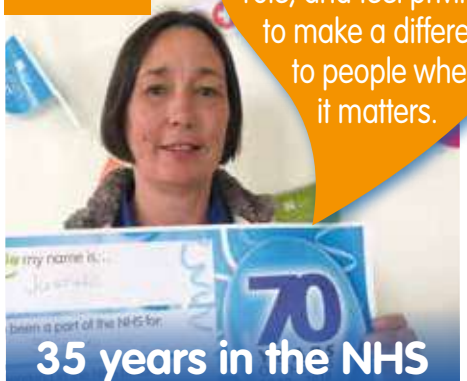


25 years in the NHS

It has allowed me to fulfil my vocation - Nursing! Looking after patients and staff is the best job in the world!
#thisnurse

70 YEARS OF THE NHS 1948 - 2018

Justine



I love the diversity of the role, and feel privileged to make a difference to people when it matters.

Toby



I can make a real difference!

I'm lucky to work with amazing people everyday, making sure the patients' journey is 'Caring at its Best'.

Becky



Tim



As part of Leicester Hospitals Charity we are proud of the difference we make.



together

is the official magazine of the University Hospitals of Leicester.

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Leicester, LE1 5WW

On the cover:

Leicester General Hospital
Children's Ward, 1957; also
page 7 top, Gynaecology Ward
1957; courtesy of
Leicester and Leicestershire
Record Office.

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share your news and success.
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Communications Team to
discuss.

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Birmingham

Dive in

**WIN a
family
ticket!**

COMPETITION To enter: On what date was the NHS created?

Send your answer, name and contact details to:

competitions@uhl-tr.nhs.uk Closing date is Friday 7 September 2018

Last edition's
winner:
Moira Dawson