

the **pulse** ^{NHS}

Issue twelve 2008



**Bright future
for Stamford
Hospital**

**Meet the
managers of
the new CBUs**

**PETERBOROUGH MP
OPENS NEW BABY UNIT**

The first word

by Chief Executive
Nik Patten

WELCOME to the spring issue of Pulse. This issue comes at an exciting time for the Trust.

Firstly, our new Clinical Business Units (CBUs) went live in April. The CBUs are the outcome of the



Operational & Management Review and will integrate clinical and non-clinical leadership across the hospitals. The CBUs will ultimately maintain

operational control of the hospitals and during the coming months decision-making will shift even further towards clinical teams as they achieve greater autonomy.

The Trust has also recruited a new Chairman, Mr Nigel Hards. Nigel is a skilled and experienced leader and is the ideal person to help us implement the Trust's 2013 strategy shaping our activities for the next five years. By 2013 we intend for the Trust to be a major healthcare provider in the east of England that is best for patients and great to work for, and we look forward to welcoming Nigel to our Trust in the summer.

The Trust has performed very well so far this year and our patients are consistently being diagnosed, treated and cared for efficiently and effectively. It is vital we continue to meet our local targets as well as national targets and I am positive everyone across the Trust will work hard to ensure this continues.

The results of the 2007 Patient Survey, which questions patients about their experiences in hospital, were received recently. This national survey focuses on the more caring elements of healthcare rather than government targets. While the results were encouraging, the feedback was also helpful in identifying areas to improve patients' hospital experiences.

There has also been positive feedback from visits of both the Strategic Health Authority (SHA) and the Healthcare Commission around our infection control and prevention policies and procedures. I know how diligent all staff are regarding infection control and it was excellent to receive the acknowledgement that we are among the cleanest hospitals they have inspected.

I hope you enjoy reading this issue of Pulse.

14



5



12



8

Inside this edition...

4 **Your letters**

Patients and their families write about their experiences

5 **Bright future**

The new project manager talks about Stamford's future plans

6 **Memory lane**

We want to know all about your favourite hospital memories

7 **On the ball**

Local companies help raise money for Amazon Ward

12 **You can help**

How you can make life easier for AIDS victims in India

14 **Returned to sender**

Why the bowls club paid back a donation, 25 years later.

15 **In the fast lane**

Meet the staff member with a taste for the fast life...

16 **Luck is in...**

Staff hit the jackpot in a national competition

* Cover photo: Courtesy of Peterborough Evening Telegraph

Aussie Cara is new General Manager

MOVING to a new area of the country to find a challenging job is not unusual, but Australian Cara Charles-Barks went one step further – she moved from the other side of the world to take up a new role with the Trust.

Cara is the newly appointed General Manager of the Emergency & Critical Care Clinical Business Unit, a newly created position that she feels is an exciting challenge.

“I’ve really fallen on my feet,” she said. “My job in Australia was quite similar to this and I loved it. Fortunately I have the same amount of passion for this new role.”

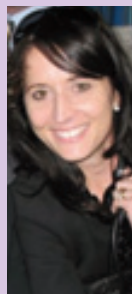
Cara and her husband Paul, who is English, had already made the

decision to move to the UK for family reasons when Cara saw the general manager’s job advertised.

“I was very lucky,” she said. “I flew over for my interview in January and started the new job in March.”

Now with a staff of 550 within her Clinical Business Unit, Cara is looking forward to bringing a fresh perspective thanks to her experience of working in Australian hospitals.

In her native country, hospitals place an even greater emphasis on quality,



safety and risk management – something she intends to focus on as she believes it could bring benefits for the Clinical Business Unit. But Cara has found many positive aspects of the NHS ways of working too. “I’m lucky because I have the best of both worlds now,” she said.

So what does she think of the British? “I really like their sense of humour,” she said. “The Australians are perhaps a little more relaxed, we tend to think ‘life is too short.’”

“Getting the work/life balance is important, and something I’m keen to get right. You have to be realistic about getting the job done but you need balance too.”

Celia helps South Africa prepare for the World Cup

LEAD Nurse A&E and Emergency Planning Lead Celia Kendrick is playing a key role in helping South Africa prepare for major emergencies when it hosts the FIFA World Cup 2010.

Celia recently travelled to Cape Town and Johannesburg leading a team training hospital staff in Major Incident Management, teaching medics the strategy for dealing with a crisis both at the scene and in the hospital.

South Africa is the latest country to benefit from Celia’s expertise – she has also travelled to Cyprus, Italy, Sweden and Portugal, as well as training hundreds of staff all over the UK.

The strategy provides plans for coping with anything from a terrorist attack to a train crash or a disaster in a packed football stadium and will spring into action whenever the hospital needs to mobilise extra resources.

Celia made the two-week trip as a volunteer, working for the Advanced Life Support Group, a medical education charity. During the last 13 years she has helped set up dozens of training courses.

“I love the work,” said Celia, “Apart from anything else it has enabled me to see parts of the world that I wouldn’t otherwise have seen.”

South Africa is a prime example of that. From the exclusive luxury of Cape Town to the poverty of the Johannesburg shanty towns, Celia was able to get an insight into the country in a way that the average tourist would miss.

“The extremes were a shock,” she said. “On one hand there were the designer shops and



luxury yachts of Cape Town, on the other, the shanty town in Soweto that we drove through was packed with five million people.

“I have never seen such extreme poverty and we had to be chaperoned everywhere for our own safety.”

The high point of the trip was seeing Table Mountain and Cape Point, sights that Celia may be lucky enough to revisit.

She will be returning at the end of the year to monitor the training scheme she and her fellow instructors have put in place.

ABOVE: Celia takes a few moments off to enjoy the glorious weather and have her photo taken in front of the famous Table Mountain.

letterbox

Pulse welcomes comments, views and letters from staff and patients - whether it's a thank you, a question you would like an answer to or comments about Pulse. Send to the Communications Department at Edith Cavell Hospital and we will print as many as possible.

Cardiac department:

I arrived at the cardiac investigation department for an appointment recently and was rather apprehensive about what was going to happen to me. But I was greeted by Assistant Technical Officer Vernessa Harwood at 9.25am, which was great as my appointment wasn't until 9.30am.

I was immediately put at my ease with Vernessa as she had such a warm and welcoming way about her. She was quick and efficient in applying the 24-hour monitor and explained simply and fully what I could and couldn't do while wearing it. She is very professional and caring and a credit to her profession.

ITU:

I can't thank all the doctors and nurses in the Intensive Therapy Unit enough for giving my father a final chance in beating his illness. Thank you for your skill, expertise, care, concern and the love shown to us all. I appreciate the fact that my father spent his last few days with such dedicated people in such a wonderful place.

In March I came home from Peterborough District Hospital following a weeks' stay after a heart attack. During that night I listened to the radio about the appalling treatment to patients in some hospitals. But I found that all patients were treated with professional care from every member of staff. Nothing was too much trouble, even after 12-hour shifts. All the staff were neat and tidy with smiling faces. I cannot thank them enough.

Angiography unit:

I was recently a patient in the Angiography unit at Edith Cavell and it is hard to find words to describe the wonderful treatment I received. Not only were they efficient to the point of perfection but they did it all with a smile and a good degree of banter with their patients. One of the nurses even carried my (very light) bag out to my



ABOVE: National Nurses Day was celebrated by Peterborough and Stamford Hospitals NHS Trust on May 12 – the anniversary of Florence Nightingale's birthday. To mark the event the Trust organised displays and information stands to give patients and visitors the chance to find out more about modern day nursing. Pictured above are some of the nurses involved in the event with Director of Nursing Chris Wilkinson, centre.

son's car when he came to pick me up. And then this morning I received a phone call asking me whether I had any problems after the angiogram procedure. I would like to convey my congratulations to Dr Jo Porter and all her staff.

Ward 1Y:

I was recently a patient on MAU and then moved to Ward 1Y. I was very impressed with the high standard of care I received. I loved the new shower unit on Ward 1Y and thought all staff worked exceptionally hard. The admission area was very busy but the staff were excellent. I also liked the new uniforms, when I was a nurse/nursing officer I had to wear a bonnet with a bow and a stiff dress and apron! Thank you all.

Maternity Unit

In February I gave birth to my first child at Peterborough Maternity Unit. After having mild contractions at home over

four hours my placenta abrupted. My husband and I were petrified, convinced we would lose the baby. If it had not been for the kind, calm and sensitive voice of the midwife at the other end of the phone, the midwife waiting for our arrival at the Maternity Unit, the swift actions of the delivery team (who got Oliver out in ten minutes), and the fantastic person who held my hand while whispering kind words we would, I'm sure, not have the beautiful boy we do now. The follow up care was exceptional as well. When I wanted to cry, the midwives were there to make me laugh and when I struggled to breastfeed they were there to offer help and advice. We have so much to thank all these people for and we will be eternally grateful to them. Every member of staff, the midwives, the healthcare assistants, the doctors, anaesthetists and community midwives deserve much praise, they are worth their weight in gold.



ABOVE: Jennie Nottingham (Breast Care Nurses' Secretary), Lisabeth Hayes (Breast Care Support Nurse), Claire Hall (Breast Care Nurse Specialist), Carol Core (Peterborough Breast Cancer Support Group), Zoe Gilder (Peterborough Breast Cancer Support Group), Trish Birdsall (Peterborough Breast Cancer Support Group), Audrey Allsopp (Peterborough Breast Cancer Support Group), Mr Abdullah (Breast Consultant), Olive Thompson (Peterborough Breast Cancer Support Group).

Donation for new breast surgery equipment

A GENEROUS donation to the Department of Breast Surgery from the Peterborough Breast Cancer Support Group has been used towards buying equipment for surgeons to use during breast operations.

Members of the Peterborough Breast Cancer Support Group braved the cold winter weather in November last year to raise money for the unit. Wearing fancy dress, they set up a stall with teddies, a tombola and collection tins and their efforts paid off, with £818 raised for the Department of Breast Surgery.

The cheque was presented to Mr Abdullah, Breast Consultant, and the money will be used towards buying a state-of-the-art headlight for surgeons to use during breast operations, which costs £5,700. The headlight will help surgeons operate on confined spaces, such as below the armpit, and to help access small areas for intricate breast surgery.

Claire Hall, Breast Care Nurse Specialist, said: "The Peterborough Breast Cancer Support Group did a brilliant job collecting the money and we appreciate everything they do."

Carol Core, from the Peterborough Breast Cancer Support Group, said: "The Peterborough Breast Cancer Support Group offers support and friendship to women who are diagnosed with breast cancer and we are pleased the money will help women undergoing breast surgery. The group had a great time raising the money, which we could not have done without the generosity of the public."

For more information about the Peterborough Breast Cancer Support Group, visit www.pbcsg.co.uk or telephone 01733 750176.

A bright future for Stamford

STAMFORD Hospital's future is looking bright thanks to the appointment of Project Manager Sue Friend.

Sue, who is on secondment from her role as Head of Contracts for the Peterborough and Stamford Hospitals NHS Foundation Trust, will be developing services at the hospital to ensure that it has a viable role for the future and that it is sustainable as a community hospital.

This is excellent news for everyone who lives or works in the Stamford area, and evidence of the Trust's commitment can already be seen – an upgrade of the reception and new flooring in the Outpatients department has already been completed at a cost of £10,000.

Sue took up her new role at the beginning of April and one of her key tasks will be the evaluation of existing services and looking at how they can be improved to meet the changing needs of the people of Stamford

and the surrounding area. Since her new job is partly funded by the local GPs, she will be working in partnership with them as well.

Sue said: "We have lots of different ideas on the table as to how to take Stamford

Hospital forward and I am the catalyst to make that happen.

"My first task is to unpick everything that is sitting there and propose priorities. It is like a jigsaw with all the pieces there and they have got to be put in order."

Sue is a staff governor for the Trust and has worked for 28 years in the local health community.

She added:

"The intention is to establish a thriving healthcare campus on the site by further developing local hospital services and working with the GPs in a joint venture to develop these services. It's going to be an exciting challenge for the next 12 months."

Plans on show at open day

STAMFORD Hospital will be holding an open day on Saturday, July 5 and everyone is invited!

There's a chance for members of the public to look around various departments and lots of displays plus demonstrations of typical nursing duties, including bandaging and putting on plaster and slings.

It's also a chance to find out about the latest plans for the hospital.

The event starts at 11am until 3pm.

Staff morale flying high on Ward 3Y

WARD 3Y has recently benefited from a deep clean, some fresh decoration and a change in working practices.

The environmental decontamination, or 'deep clean' in March was followed by a big tidy up and a general revamp of the ward, resulting in an upbeat spirit among the 41 staff who work on the ward and nurse the elderly.

"It has raised morale and engaged all the staff, as everyone had a part to play," said Charge Nurse/Ward Manager Shaun Thompstone. It wasn't just about cleaning; it was much more than that. Elements of the 'Productive ward', which has been piloted in other Trusts around the country, have been adapted and implemented. These include looking at storage, equipment, ward 'routines', meals and communication to name a few.

"We have tightened up on infection control particularly, focused on staff development and training through team days off the ward, and made the environment a much nicer place to be," he said. Staff have become empowered and involved in decision making at all levels within the ward. There are more exciting changes to come too.

Shaun, who has been Ward Manager for 15 months, said that caring for the elderly has proved both enlightening and challenging.

"Sometimes it is hard to recruit new staff because nursing the elderly is



ABOVE: Ward 3Y staff team L-R: Shaun Thompstone, Kathy Flint (snr staff nurse), Marzena Slaby (HCA), Doctor Laura Horswill, Linda Ballantine (dep sister), Sharlene Hull (ward clerk), Denise Salmon (housekeeper) & Abby Minter (clinical specialist, OT).

seen as much less glamorous and exciting than, for example, A&E.

"But actually it is very challenging – staff are tested to the full and we really have to think on our feet. Medicine for the Elderly should not be dismissed as a career path."

The 34-bed ward caters for the medical and acute needs of patients over the age of 60, and Shaun's most elderly patient had reached the grand old age of 102.

Shaun has worked in A&E as well as

the Medical Assessment Unit at another Trust in the past, but relishes his role over and above his previous jobs.

"The older population views the world through different eyes," he said. "But we all have a lot to learn from them."

"I encourage the staff to treat the patients as if they were their own parents or grandparents – respect and consideration are vital."

"It is a great place to work and I am very proud to be Ward Manager on 3Y."

Your hospital history

WE'RE putting together a publication about the history of Peterborough and Stamford Hospitals, and need your reminiscences!

What are your memories of Peterborough and Stamford hospitals? Did you stay in the children's ward when you were young or do you remember the excitement of having a baby at Peterborough Maternity Unit? Maybe you worked at the hospitals during the 1950s, 1960s or 1970s? All memories, however recent, will help us build a unique picture of Peterborough and Stamford hospitals.

Please write to Katy Lamb, Communications Department, Edith Cavell Hospital, Peterborough, PE3 9GZ, including photos if possible (All photos will be returned).



Local firms help to raise Amazon cash

AN appeal from the Amazon Ward for donations to buy fold-out parents' beds got off to a fantastic start after a £3,000 donation from a sponsored football match.

The match between the Posh Legends and Marshall Peterborough was sponsored by Woodcock Holmes Estate Agents. Money was also raised by charging a £1 entrance fee, holding a raffle on the day, and from contributions from Woodcock Holmes and Ethlin Property Development.

Having fold-up beds in Amazon Ward enables parents to stay in hospital overnight with their children. Sue Hartley, Matron for Paediatrics, said: "If their parents are there the children are usually less anxious about being in hospital. Their recovery tends to be quicker and they are less stressed about their treatment.

"We are overwhelmed by the generosity and continued support of the Posh Legends and their sponsors.

"Last year Peterborough Yacht Club

STANDING L-R:

Tommy Robson, Posh Legends; Sue Hartley, Matron of Paediatrics; Stephen Boon, Ethlin Property Development; Amy Parkin, staff nurse; Adrian Woodcock & Neil Holmes, Woodcock Holmes, Stuart George, Marshall.

SITTING: *Martin and Paula Byford-Rew with son Lucas.*



donated ten fold-up parents' beds to Amazon Ward, which was incredibly generous and much appreciated. They have been very popular and have been used a lot but unfortunately some of them are now broken and need replacing, which is why we are appealing for donations again."

Tommy Robson, of Posh Legends

and former captain of Peterborough United, said: "Whenever we raise money we always donate it to Amazon Ward. It's amazing what they do here and by donating money to them we are looking after our future."

If companies or individuals would like to make a donation, they should contact Sue directly on 01733 874188.

Trust appoints new chairman

PETERBOROUGH and Stamford Hospitals NHS Foundation Trust has appointed a new Chairman – Mr Nigel Hards.

Mr Hards, who runs his own management consultancy business, was appointed following a rigorous recruitment process.

He has more than 30 years' senior executive experience in the leisure and financial services industries including Thomas Cook and Barclays Bank and has also held senior positions at city organisations including Peterborough United Football Club, the Greater Peterborough Partnership and the Peterborough University project.

Nigel Hards said: "I am delighted to have been appointed as the new Chairman of Peterborough and Stamford Hospitals and I would like to thank the Board of Governors and the hard work and dedication of the previous Chairman, Dr Clive Morton.

"The Trust is a progressive and ambitious organisation at the heart of Greater Peterborough and its local

communities and I am very much looking forward to helping the Trust to deliver its strategy to be a major healthcare provider in eastern England that is best for patients and great to work for."

Peter Morrison, Vice Chairman of the Board of Governors, said: "I am very pleased to welcome Nigel Hards as the Trust's new Chairman.

"Nigel has a long-standing reputation in Peterborough of leading high-profile local and multi-national organisations and we are pleased to have been able to appoint such an experienced and skilled new Chairman from a high calibre of candidates."

Nigel Hards lives in Peterborough and is married with three sons. He will take up the position of Chairman on 1 July.



ABOVE: New Peterborough and Stamford Hospitals NHS Foundation Trust chairman Nigel Hards.

Congratulations to Neonatal and Ward 8

TWO departments from Peterborough and Stamford Hospitals NHS Foundation Trust were recently honoured in the Peterborough Evening Telegraph's Pride in Peterborough Awards — an annual awards ceremony where individuals and organisations are nominated and voted for by the public.

The Neonatal department won the Health Professional category and Ward 8 at Edith Cavell Hospital also received a Highly Commended in the same category.

Congratulations to all members of clinical, managerial and support staff in both departments for your hard work and excellent patient care!

Why Angeline swapped her home comforts for a mud hut in an African village



ABOVE: Sue Latham and David McGhie both started work in 1968.

40 years' service for Sue and Dave

BIOMEDICAL Scientist Sue Latham and senior X-ray technician David McGhie have both chalked up 40 years of working with Peterborough and Stamford Hospitals this year.

Sue joined the pathology laboratory at PDH back in 1968. Interested in sciences since her childhood, she has seen dozens of changes throughout her career both in the volume and range of tests the hospital does. "We used to do 20 urine tests a day, but now it's 300!" she said. As for blood tests, there are now about 700 a week to be done, as opposed to around 50 when Sue began her career. New screening procedures and a growing population have made a big difference!

Entry qualifications into the profession have also increased – Sue had five O'levels when she answered a Public Health Laboratory (PHL) advert in the newspaper for her job and her training was work based, but today it is open to A' level students or graduates who also need the practical training to become a registered Biomedical Scientist.

Sue said: "Many things about the job have changed and the demands are much greater. But I'm still here and the work still fascinates me."

David has spent his 40 year career keeping the Peterborough Hospitals electrical and X-ray equipment fully operational.

Working at the forefront of medical equipment technology, he has travelled throughout Europe to keep pace with new advances.

"I've always been interested in how things work, new technology and photography," he said. "I find it fascinating – finding faults is a challenge I enjoy."

David started as an electrician, a job he did for 20 years. But he jumped at the opportunity to learn new skills, attending courses with companies at the forefront of medical technology, including Philips in Holland and Siemens in Germany. Among the specialised equipment he maintains today are the two digital screening X-ray rooms at PDH.

One of the most exciting breakthroughs during his career is the innovation of digital electronics and more recently the PACs system. This enables several people to simultaneously view an X-ray image at different locations, providing faster diagnosis and eliminating the need for X-ray pictures to be printed.

“ From here to Timbuktu... ”

It was physically and mentally challenging, but not only did I survive, I enjoyed the experience

AFTER 27 years in her career, consultant nurse Angeline Boaden decided it was time to step into the unknown by volunteering to do charity work.

So she swapped her home comforts for a hut in Ghana and her office on the sixth floor at PDH for a job that's far more down to earth – improving sanitation in a rural African village.

But far from shrinking at the prospect, Angeline, who is Consultant Nurse for Colorectal Services, positively relished the challenge. "My greatest fear was that I wouldn't be able to cope," she said. "It was physically and mentally challenging, but not only did I survive, I enjoyed the experience."

Angeline began her voluntary work as part of a team building toilets for a week,

learning the basics of carpentry, bricklaying and plastering. Then she helped to teach English at the local school. "Nothing complicated, just conversation," she said. "But I really loved it."

The children were fascinated by her long blonde hair and would stroke her white skin. "It was a novelty to have white women in the village," she said.

"They were lovely children, very cheerful. It really hit home to me that it is simplicity in life that makes you happy. It made me realise that we have so much here that we really don't need."

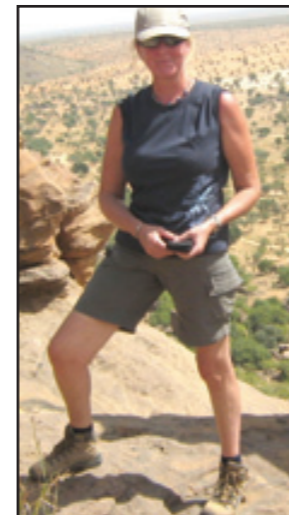
During their stay the team's diet was mainly vegetarian, with eggs and fruit for breakfast and pasta or rice with spicy vegetables for a main meal.

"I'm usually really fussy about my food, but I really appreciated the meals after a hard day's work," she said. The only difficult part was when the village leader presented them with a goat for their leaving ceremony and part of the ritual was for some of them to slaughter it for a ceremonial meal.

After two weeks of work, there was still time for an adventure:

Angeline joined a three week Land Rover trek to Timbuktu in Mali, travelling more than 4,000km through a land of contrasts, first the Sahara, then the rainforest, where she did a 'canopy walk' on a rope ladder high above the tree tops.

"I have a great sense of achievement," she said. "And yes, I might go back."



Meet the Trust's Clinical Leads and General Managers

THE Trust's new operational structure went live on 1 April and the eight Clinical Business Units (CBUs) and one Corporate Business Unit are up and running and will be developing plans to improve services for patients in the future.

The new structure will see close links between CBUs and each is jointly managed and led by a Clinical Lead and a General Manager. Each has a wealth of experience and the partnership working will help to develop the CBU to move to 'foundation status' which will mean greater autonomy and decision-making responsibility.

The transition from the previous service units went very smoothly and the Trust is pleased that recruitment to all of the new posts has been completed. Some of the new positions were filled by internal promotion and some by external applicants from as far afield as Australia.

Nik Patten, Chief Executive said: "We launched our new Clinical Business Units on 1 April this year and, considering the amount of change, I have been impressed by how well things have gone with the transition and with everyone's enthusiasm.

"It is still early days, of course, and it will take time for CBU teams to really start to progress their plans, but the early signs are very good. One of the key features and drivers of the new operational structure was greater involvement from clinicians and I am very pleased to say that we already have some great examples of this. I am sure the benefits of this closer working as an organisation will become apparent in the very near future."

A full list of each CBU and its specialities can be found on the Trust's Intranet and as the structure and the CBUs develop, staff will be kept up to date through Pulse and other newsletters. In the meantime, meet your new CBU Clinical Leads and General Managers.

Medicine: Long-Term Conditions CBU



General Manager:
Joan Tiplady



Clinical Lead:
Dai Rowlands



Clinical Lead:
Deyo Okubadejo

Surgery CBU



General Manager:
Kathy Harvey



Clinical Lead:
Andrew Pfeleiderer

Family & Public Health CBU



General Manager:
Mandy Renton



Clinical Lead:
David Woolf

Emergency & Critical Care CBU



General Manager:
Cara Charles-Barks



Clinical Lead:
Lt Col Rob Russell

Cancer & Specialist Care CBU



General Manager:
Rebecca Hardy



Clinical Lead:
Kanchan Rege

Clinical Support CBU



General Manager:
Rob Heywood



Clinical Lead:
Roger Moshy

Clinical Administration CBU



General Manager:
Paul Denton



Clinical Lead:
Susan Nijjer

Musculoskeletal CBU



General Manager:
Diane Lynch



Clinical Lead:
Glyn Pryor

Maternity unit focus on breastfeeding week



L-R: Angela Chalmers, Infant Feeding Facilitator, Ann Bane, Inpatient Services Coordinator, Sam Hunt, Assistant General Manager, with son Joshua, Clare Carter, Head of Midwifery & Matron Maternity Services, Nicky Griffin, Sister Victoria Ward.

THE Trust marked National Breastfeeding Awareness Week from 11 – 17 May in style. As well as special displays and information stands at the Maternity Unit to provide information about the benefits of breastfeeding, there were also plenty of freebies and cakes available - and a daily raffle to win prizes such as packs of wipes, baby wash and an electric breast pump!

Sam Hunt, Assistant General Manager for Family and Public Health, said: "Breastfeeding is always high on our agenda and National Breastfeeding Awareness Week is an excellent chance for us to further promote breastfeeding to patients at the Maternity Unit.

We had lots of interest in our activities for National Breastfeeding Awareness Week from both new and prospective mums, which was great. The prize draws, freebies and cakes went down well and we also managed to raise £190, which will be used to further support breastfeeding throughout the Maternity Unit.

"We are also proud to have received our Certificate of Commitment from the UNICEF Baby Friendly Initiative in recognition of our support of breastfeeding. We plan to support National Breastfeeding Awareness Week again next year and intend to make it even bigger and better!"

Much more than just child's play

PLAY to a child in hospital is like hearing your own language in a foreign land – that is a quote often used by Jackie McClelland Trust Play Services Coordinator.

“Play is essential to a child’s development and communication especially when they are in an environment that is new to them,” Jackie explained.

However there is much, much more to the role of Hospital Play Specialist than providing play opportunities.

Undergoing any kind of medical procedure in hospital can be a stressful process for adults, but for children it can be truly frightening.

Their anxiety can cause them to feel out of control and unable to comply making it more difficult for doctors and nurses performing the procedure and more stressful for all.

Supporting them through the experience can transform how they feel about being in hospital, and it is here that Play Services team of specialists come into their own.

Constantly vigilant about how a child might perceive what is going on around them, Jackie and her team use therapeutic play to help.

Jackie explained: “Therapeutic play may involve preparing children for anything from a blood test to having surgery, by preparing the child they gain not only understanding but a sense of control over what is to happen, and at this stage we are able to build in coping strategies for them

*RIGHT: Jane Buckingham with mum Kirstie Brockwell and son James (15 months)
Below: Zoe Wilkinson with mum Sarah Smith and daughter Ashleigh (21 months).*



to use during the procedure.”

“We adapt our preparation techniques to fit the child’s developmental level. This might involve role play with real medical equipment and teddy bears with a very young child, or talking it through with a teenager. We also use photo story books to explain procedures such as having an anaesthetic so the patients understand what is going to happen.”

This helps enable patients to cope before, during and after treatment, and often creates a link between the children and healthcare professionals.

“We also offer help and support for children coming to terms with long-term chronic conditions,” she added.

It is not just Amazon Ward at PDH that is reaping the benefits of this specialised care. The team covers some shifts in A&E and the day surgery unit at Edith Cavell when there are paediatric surgery lists.

As part of her role Jackie sits on the executive committee of the National Association of Hospital Play Staff which enables her to have an input into the Children’s National Skills Framework. This organisation influences national strategies for the profession across the country.

How you can help AIDS victims in India

HEALTHCARE Assistant Sandy Peet is appealing for donations of toys and bric-a-brac to help raise funds for the victims of AIDS and HIV in India.

Sandy has raised thousands of pounds for victims of the disease, travelling to India every year to donate money for food and medicine. But despite visiting six times, she never fails to be moved by the plight of the people there.

Sandy, who works on Ward 6 at Edith Cavell Hospital, now dedicates her spare time to raising funds, mainly by holding car boot sales. So far she has raised a staggering £36,000.

These funds support care homes in Southern India run by a charity called the Creation Fathers, providing educational support, counselling and medical advice for HIV and AIDS

victims. They also provide treatment for those who have been abandoned or orphaned as a result of the disease.

Sandy recalls being especially moved by one family’s plight. “One mother I met had no home and her husband had been killed in a lorry accident. She was dying and was desperately worried about the future of her children.

“She was so relieved and grateful to know that her two sons would be looked after in the care home when she had passed away.”

Another care home will be opening soon and Sandy is due to go out to India again in February 2009. In the meantime anyone who has items in good condition that they wish to contribute for car boot sales can contact her on 01733 706349.

Helping Khartoum kids

THE plight of sick children in poverty-stricken parts of Africa is never far from the headlines – or the thoughts of Sue Hartley, Matron for Children's Services for the Trust.

Sue has already spent two weeks working in the difficult conditions of a children's hospital in Khartoum and plans to return for three months as soon as possible to continue her work.

But first she needs to raise money to support her visit and is appealing to individuals and local businesses for funding.

Sue will be taking a non-salaried career break to take up her mission. "I don't think I can change the world, but I can help in a professional way. If there is one little bit of training that makes a difference to the children there it will be worthwhile," she said.

The conditions in the Gaffar Ibn Aof children's hospital in Khartoum where she will be based are grim. The hospital was stripped of its equipment during the conflicts and is now dilapidated and dirty. "Things we take for granted here are almost non-existent over there," said Sue.

"Electricity and water supplies are intermittent and diseases we have eradicated here, like tetanus and polio, are a problem. It was a real eye opener."

Ironically the hospital has a brand new intensive care unit – but it cannot be used because staff have not been trained to use the equipment.



ABOVE LEFT: John Henson, Director of hc Solicitors, with Sue Hartley.



ABOVE RIGHT: Sue with colleagues from a Khartoum children's hospital.

Meanwhile the other wards are constantly packed with patients yet have just one qualified nurse per twenty children.

Sue's first visit was arranged with the help of one of Peterborough and Stamford Hospital Trust's consultant paediatricians, Dr Seif Babiker, and one of her primary tasks was to teach neonatal resuscitation and basic skills for infection control – not easy without clean running water.

Having now gauged the hospital's needs, she has drawn up a list of skills that she can pass on, including leadership for the 10 senior nurses, which is vital in providing a more efficient service. Sue has also been

learning Arabic so that she can communicate better.

"I would like to try to finish off what I started," said Sue. "If I can help the nurses and doctors to improve the life-chances of just one child my trip will be worthwhile."

The first company to contribute funds towards her trip are hc Solicitors.

John Henson, Director for hc Solicitors, Peterborough, said: "It's a worthwhile cause and a great way for Sue to use her expertise to help the children."

Anyone else who wishes to contribute to Sue's fund for Sudan should contact her on 01733 874188 or email susan.hartley@pbh-tr.nhs.uk

Marathon effort in memory of Stirling

MOTHER Julie Tebb has raised funds for Amazon Ward after completing the New York Marathon in memory of her baby son.

Julie, from Yaxley, recently presented her cheque for £950 to the Amazon Ward at PDH where her eight-month-old son Stirling was nursed before he died from a rare heart condition.

Since returning from the Big Apple she has raised even more funds in recognition of her efforts – bringing the total to £1,000.

"I run to put something positive in my life," she said. "I like the solitude and it is my way of coming to terms with things. I'm not running away from the past, I'm running into the future."

Julie's amazing feat brings the total amount of charity funds she has raised to £3,000.



Julie with Amazon Ward staff Zoe Wilkinson and Gill Hounshaun.

Her NY Marathon was run in five hours 22 minutes and 21 seconds back in November, but since then she has run the London Marathon at a faster pace – five hours 12 minutes and 15 seconds.

"New York was harder," she said. "It is more undulating but I had a ball even so."

Julie's husband Peter and their six-year-old daughter Sharleen went along to support her and, following in her mum's footsteps, young Sharleen has decided to run in the Deeping 3K with her mum.

Julie runs four times a week – 400 miles so far this year – and far from putting her feet up, she has big plans for the future.

She's entering the Berlin Marathon next year and aiming to run a race in Kent the following year which is a staggering 50 miles!

What to do when the only way is down...

PERCHED 120 feet above the streets of Peterborough, the staff from Ward 2Z decided the only way was down as they took part in a charity abseil.

The four members of staff from the Trust's Stroke Unit at PDH took the plunge from the Woolworths building in the city centre in March and managed to raise more than £1,082 for their efforts.

Ward manager Connie Gerstner said: "Because we all work with stroke victims we felt the Stroke Association was a very worthwhile cause for the money. We wanted to raise awareness and help fund more research."

Connie completed her abseil alongside three other members of staff from the ward: Susanne Barker, Clinical Specialist Physiotherapist Neurology, Jennifer



Hayward, Physiotherapist, and Sarah Kilmister, Senior Occupational Therapist.

Susanne added: "We all really enjoyed abseiling down. In fact when I got to the bottom of the building I wanted to do it all again."



Bowls club returns donation to hospital after 24 years

WHEN the Friends of Peterborough Hospital donated £1,000 to Peterborough Hospital Bowls Club in 1984 they never expected to receive the money back nearly 25 years later!

The Bowls Club, which closed in 2007, was used by hospital staff, and their partners and families, and the donation was originally used to build a bowls pavilion for the players to store equipment.

Mrs Violet Gribbin, Bowls Club Secretary, said: "When the Bowls Club opened in 1974 there were no facilities except the bowling green and a shed. The money donated by the Friends meant we could build somewhere to put clothes and equipment and to make cups of tea, which made such a difference to the club.

"We always intended to give the money back and during the years have held sponsored events, teas and raffles and saved the money in a special account. We wanted to show our appreciation to the Friends by eventually donating the money back to them.

Susan Mahmoud, Chair of Friends of Peterborough Hospitals, said: "Friends



ABOVE: Holding cheque, left: Susan Mahmoud, Chair of Friends for Peterborough Hospitals, Right: Violet Gribbin, Bowls Club Secretary. Background: members of the Bowls Club.

of Peterborough Hospital is a charity that raises money for equipment to benefit patients and staff at both the District and Edith Cavell Hospitals.

"We were pleased to donate funds to help the Bowls Club build its pavilion in 1984 and we are touched that they

have raised the same amount of money to give back to us in 2008.

"All donations received by the Friends go back into providing services and equipment for Peterborough Hospitals so this money will continue to benefit patients and staff."

BY day she has her eye trained on a microscope or a Petri dish examining all manner of bugs, fungi and viruses. But when the weekend arrives Karen Randall, senior biomedical scientist, takes on a completely different role – sidecar motorbike racing!

Karen's life in the fast lane started three years ago although she has been a motorbike racing fan for around 15 years.

Karen's partner, John, races motorbikes and Karen had always wanted to have a go at sidecar racing. So, once the children had become more independent, she decided to take the plunge. Like most hobbies, it's had its highs and lows – some great results in the races and the trophy for Sidecar Racers of the Year – but bruises and broken ribs as well!

At last year's Classic Racing Motorcycle Club Championships she teamed up with her friend Jan Herbert and were in pole position after they won all their races except for two – but then, unfortunately they blew not one but two engines, leaving them in second place at the end of the season.

"The adrenaline buzz is amazing and very different to anything else I do," said Karen. "The variety of professions of people doing this is surprising and the weekends are very sociable."

Karen's first bike was an F2 600cc machine but she graduated to 1000cc after her first season. She said the 'passenger' technique has to change between machines. "The F2's are nippy and jerky so you have to brace yourself against the machine a lot."

She sustained bruises and broken ribs just from riding in one of these machines. "You have to move to the front for left-hand bends on the classic machines and because I'm only 5ft 4ins it's a bit of a leap of faith to reach the front handle! I have missed on occasion and the bruising is amazing.

"I had to explain to our new consultant that it was from sidecar racing and not from being a battered wife!" She added: "This year the sidecar has not been out due to finances, but I'm hoping we'll be on the tarmac again soon."



ABOVE: Despite her injuries Karen, on the right, still has a passion for sidecar racing, and below Karen at work at PDH.

Karen's living life in the very fast lane



Summertime fun at two of our hospitals

PLANS for the Trust's Open Days - to celebrate the 60th birthday of the NHS in July - are well underway.

Members of the public will be offered the chance to be taken on guided tours to key areas within Peterborough District Hospital and Stamford Hospital. There will also be information stands, competitions, interactive displays and activities for all age groups at both hospitals.

Parking will be free at both sites and the Trust is hoping that some very special guests will be able to take part in the celebrations.

The events take place on:

- Saturday 5 July, 11am – 3pm at Stamford Hospital
- Sunday 6 July, 11am – 3pm at Peterborough District Hospital.

Super hospital begins to take shape



ABOVE: See how it grows...the new Mental Health Unit is taking shape fast.

IT'S ten months since work began on building the new acute hospital, City Care Centre and Mental Health Unit and construction work is progressing quickly.

At the Edith Cavell site, the steel framework for the acute hospital can be seen for miles around and

partitions between the framework are already being erected.

The Mental Health Unit, on the same site, is moving even more swiftly, with slate roofing currently being fixed and insulation well underway inside.

At the newly named City Care

Centre, currently under construction at the District Hospital site, the outside brickwork is now almost complete and windows are currently being fitted.

For the latest news and images of the construction work, please visit www.peterboroughandstamford.co.uk

Lucky break for staff

TWO members of Trust staff have been lucky enough to win £1,700 of voice recognition computer software in a competition run by Nuance.

The software is designed to transform dictation by using voice recognition to type documents, instead of the traditional way of typing up recorded notes from a Dictaphone. Users can give the computer vocal commands to perform tasks such as, 'wake up,' or 'create new paragraph'. And when they are finished they just tell the computer to, 'stop listening'!

The competition, part of a software demonstration held on a special Nuance bus that came to the District Hospital for a day, was won by Kerry Coates, PALS Casework Support Officer, and Sam Raybould, Performance & Support Staff Manager, Family & Public Health CBU.

Kerry said: "It was fantastic to win the software and both Sam and I can't wait to try it out. I'm sure it'll be very useful and a faster way of working."



ABOVE: Sam Raybould and Kerry Coates receiving their new computer software from Mike Applewhaite of Nuance.