

Issue three 2005

NHS

the pulse

It's an amnesty

Patients urged to return equipment

End of an era

Medical director Alan hangs up his 'greens'



Casualty calls

A day in the life of an A&E sister

First word

by Chris Banks
Chief Executive

The Trust has retained its two star rating. We are still checking the detail of the ratings score, but it seems that in most other respects the Trust has done well.

The principle reason for this was the £7.7m deficit for the year to March 2005.

In the past some of our departments have been challenged not by lack of money but by lack of available staff.



Under their own steam, using their own ingenuity and limited resources they have looked at their staff mix, their practice and procedures and have come up with ways of working that have delivered superb services, and even won national awards. Although the challenge for the Trust now is not a staff shortage but a money shortage, the same principles apply.

We do have some extremely busy wards, clinics filled to bursting and long theatre sessions.

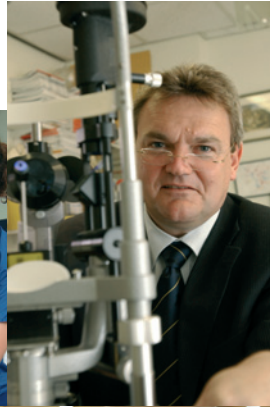
We also have wards with spare capacity, clinics that are less than full and theatre lists that finish early or are cancelled at short notice.

So there is still plenty of room for improvement.

Achieving our cost saving scheme will be challenging and it will be painful.

The next few months will be difficult for all of us but it will be the same everywhere in the NHS, so we will not be alone.

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Tackling alcohol related crime

A NEW ground-breaking initiative is seeing the Trust supporting the police and the charity Drinksense to try and tackle the problem of alcohol-related crime in Peterborough.

Plain clothes police officers and professional alcohol workers are now present in A&E every Friday and Saturday night - at times when the department is at its busiest.

The pioneering A&E alcohol project aims to confidentially help patients who come into the department needing treatment for alcohol-related symptoms or injuries.

The Trust was approached by the police several months ago to get involved with the project, as part of its drive to reduce alcohol related crime.



Jo Oldfield, community safety manager for the Cambridgeshire Constabulary, Northern division said: "This is a new and innovative project. Working in partnership we can give people the opportunity to speak to the police, and also provide support

and referral to support agencies."

This project is one of a number under the Peterborough Evening Partnership to tackle alcohol-related crime and other issues.

Jo has been working alongside Trust assistant general manager for emergency services, Heidi Presland.

Heidi explained: "We want the project to have a positive impact on people's drinking behaviour.

"In the past, staff haven't been able to offer the level of support now available in the department.

"Now, we have a plain clothes police officer and a professional alcohol worker present in designated areas of the department on Friday and Saturday nights.

"Once a patient has been treated, these

experts will be available to talk them about their drinking - give them professional advice and provide easy access for the reporting of any crime."

Heidi added: "Despite it still being relatively early days, we have already learnt a great deal about how we want to develop the service in the future - it has been a real eye opener for all involved."

The project also provides support to patients who may need the assistance of Victim Support, the community drugs team and similar organisations.

Chief Executive and director of services for Drinksense, Christine Greer said: "Staff on the project are experienced alcohol professionals and will be available to offer individual assistance to any patient willing to discuss their drinking.

"Another equally important part of the project will be gaining understanding of the types of problems leading to attendance."

The A&E alcohol project has been running since mid-June as part of a six-month pilot which is being reviewed regularly.

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We want the project to create a good impact in people's drinking behaviour

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Jason joins communications team

COMBINING his career skills in public relations and journalism, Jason Hill has taken on the role of external communications officer at the Trust.

Jason hopes to raise the profile of the Trust and its services in the local,



regional and national media with pro-active and positive stories about healthcare services provided in the greater Peterborough area.

Jason was born, brought up and went to school in Peterborough before moving to London where he worked as a PR officer for the London Borough of Merton.

He then went on to work for CABE (the Commission for Architecture and the Built Environment), a central government agency looking at the design of buildings and green spaces in England.

Jason (pictured) has also worked on the news team at the Peterborough Herald & Post newspaper.

Looking forward to his new challenge at the Trust, Jason said: "I'll be working in the communications team to raise the profile of the Trust and promote the many things we do well here in Peterborough and Stamford to the media."



Why midwifery is on a high

DESPITE a national shortage of midwives, Peterborough is currently running a successful recruitment and retention programme - both here and overseas.

Trained midwives from Germany and Australia have joined the maternity unit over the past 12 months, bringing their own skills and expertise to the job.

The Trust is often approached by nursing agencies to offer overseas midwives placements within Peterborough - and successful candidates are then integrated into the English system.

shortage of jobs!

She added: "We have found they have been trained to promote a more holistic approach to women which has been very positive around the unit.

Yvonne Perry is the Trust's longest-serving overseas midwife - and came to Peterborough from Australia a year ago.

Yvonne told Pulse: "Coming to work here has helped me to achieve my ambition to travel to Europe and to live and work in a community which is so different from home.

"I have found it a great challenge to



ABOVE: Australian midwife Yvonne Perry with new mum Sarah Keeler and baby Thomas.

Clare Carter, matron for maternity inpatients explained: "The overseas midwives who are recruited by the Trust are eligible for registration with the Nursing and Midwifery Council, which is the professional body.

"Our recruits from Germany come to us as newly-qualified midwives, from a country where there is actually a

adapt to a new environment."

However, Peterborough has bucked the trend recently, with more newly-qualified students from this country gaining midwifery places.

These have included midwives from neighbouring hospitals in Leicester, Nottingham and Lincoln.

Ward changes are underway

FOLLOWING the release of the Trust's financial report, Peterborough and Stamford hospitals are already implementing changes for improvement.

Initiatives are underway to make the most economic and efficient use of all the Trust's resources and at the same time still maintaining high clinical standards to access services.



A review team has looked at the availability of all the departments and wards at Edith Cavell, Peterborough District and Stamford hospitals, and has indicated areas where the Trust can merge services and close others. Director of operations, Bill Stevenson (pictured above) said: "These changes will be supported with the intention to treat surgical patients, wherever possible, on a day case basis."

He added: "This review is on-going, but so far one ward has been identified to close at the District Hospital and one at Edith Cavell.

"At Stamford Hospital, Hurst Ward will be closed and medical patients will now be located in the John Van Geest ward.

"At the same time, the Trust is looking for ways to increase day surgery treatments and the number of people attending outpatient clinics - particularly in orthopaedics where there is a strong local demand."



LEFT: Day treatment centre manager Sue McIntosh (right) chats to colleague Janice Pratt

...and there is more

OTHER changes by the service improvement team include:

- A NEW centralised pre-assessment service will see the re-location of existing clinics to one main area on each hospital site to standardise protocols, paperwork and patient administration procedures, as well as utilising the skills of all pre-assessment nurses.

Pre-assessment acts as a one-stop-shop for people coming into hospital for a range of procedures. The service will offer the opportunity to explain the procedure to patients, check their health and identify any particular resource which may be needed for their admission or discharge.

- Targets to ensure that 30 per cent of medical patients discharged from Peterborough District Hospital should use the departure lounge, and 30 per cent of the District, Edith Cavell and Stamford hospitals' discharges should occur before 1pm.

This move is designed to improve patient care and cut down on a patient's unnecessary wait to be discharged.

It's a new era

More patient choice in day surgery

THIS month has signalled a new era for day surgery and treatment in Peterborough. As part of the government's Choose and Book system, patients are given a greater say over when and where they receive treatment in a number of specialist areas.

The move offers patients a new way of booking their appointment, and is an approach embraced by the Trust's day surgery unit which has undergone several changes of its own.

Now called the day treatment centre, it will continue to provide a high quality, efficient and safe day service to patients who need day surgery or treatment for minor procedures.

Sue McIntosh has moved from theatres to become the newly-appointed day treatment centre manager.

She said: "We fully support the Choose and Book system, which gives patients and families a greater say in planning their healthcare in a way which causes less disruption to their own lives.

"I will be responsible for managing the centre and all aspects of the service and am thoroughly looking forward to working with such a committed and loyal team."

A series of service developments are planned

for the centre - some of which have already been put into practice, and others which are imminent.

These include:

- An increase in paediatric surgery, following a recent re-organisation of the process of youngsters coming into hospital for routine procedures. A play area, with support from Amazon ward nurses, means the children have to adjust to one clinical area, instead of coming onto a ward, into surgery and back on the ward again.

- The introduction of a procedure room, with the aim of increasing patient choice and also the Trust's capacity by freeing up some main theatre space. Patients will be treated under local anaesthetic for a range of procedures in the areas of urology and plastic surgery, as well as minor general surgery.

The day treatment centre changes fall in line with the reviews and objectives by the Trust service improvement team - which looks at ways of improving patients' pathways.

the **pulse**

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 team at Edith Cavell or contact 01733 875201 and we will print as many extracts as possible.

Surgery: I'd like to say a great big thank you to staff at PDH who cared for me after I injured my hip. I was taken directly to A&E where they worked quickly and efficiently and I was soon in bed on 5X where I was operated on that afternoon. I was in theatre where the surgeon and the anaesthetist were marvellous and I was told exactly what would be happening. I cannot speak highly enough about my excellent care. I hear some awful stories about the NHS and I honestly do not know where they come from.

Theatres/5Y: Without your expertise and competence of your staff, the anaesthetist or his team, I would not have had the opportunity to leave hospital at the earliest, convenient time. I feel that everyday is a bonus in the healing process. Thank you also to the nursing staff of 5Y for making my short stay in hospital comfortable and a feeling of being well looked after.



ICU: I would just like to thank all the doctors and nurses who cared for my dad in his final week. Your care, concern for his and our welfare was deeply appreciated. You do such a special job in what must continually be difficult circumstances.

Endoscopy: As a recent patient, I wish to say how efficient this department is. The allocation of a nurse to oneself is greatly appreciated, as is the friendliness of all those in the section. Whilst this is only one of the clinics I gratefully attend, I have nothing but praise for the NHS, certainly in Peterborough, and what it has done for me.

Oncology department/Ward 10: Throughout the system, from consultant to cleaner, I was treated at all times with respect, kindness and care irrespective of the hour of the day or night and kept informed of everything that was happening.

Greenwood Ward, Stamford: Having undergone day surgery I would like to formally express my sincere appreciation to ALL members of staff for the wonderful care and concern shown to me throughout my stay. Stamford Hospital is really a great treasure for its patients.

Woman and child services: Our daughter was born by elective caesarean and during our stay in hospital the care we both received was excellent - before and after the operation.

Although we had been anxious about what to expect, we will have happy memories of our daughter's birth and of our stay at the maternity unit. Please pass on our thanks to those involved for making the experience such a positive one.



Ward 2X/catering: I am writing to express my appreciation of the care I received both when admitted to accident and emergency and subsequently during my stay on Ward 2X. The nursing and auxiliary staff were efficient and approachable and the medical care I received was excellent. Most importantly, all my questions were answered and I was treated like a responsible adult. To cap it all, the food was good. I appreciated being able to choose smaller portions.

Now they're putting clinical presentations on screen



ABOVE: Peter Murray, head of the medical photography department, with some of the digital videoing equipment.

“

There has been increasing interest from clinicians to present video in addition to PowerPoint presentations

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SURGERY on the small screen - the Trust's medical photography department is forging ahead with a hi-tech approach to clinical presentations.

Earlier this year, the department was asked by colorectal surgeon Richard Guy to assist him by filming an operation to produce a video presentation.

The end result was presented to the Royal Society of Medicine video prize meeting, and was joint winner in the surgery section.

Since then, this and another video have been presented by Richard Guy and Dr Ayla Atum at meetings around the country.

Digital video editing is a new service from the medical photography department, which it hopes to develop and further improve - thanks to additional funding for a PC and the relevant software.

Peter Murray, head of the medical photography department explained: "For the prize winning video, Dr Atum and Mr Guy worked with me to decide which footage to cut and where to overlay explanatory text, X-rays and diagrams.

"I produced the additional materials and incorporated it into the video edit. Dr Atum provided

a voiceover and my colleague Patrick Clynch used his classical guitar to provide a musical backdrop."

Peter added: "There has been increasing interest from clinicians to present video in addition to PowerPoint presentations at clinical meetings and we are currently working on a training video for the resuscitation department."

Di Sheppard, general manager clinical and life support services, commented: "This story highlights the value of a medical photography department providing support to medical education as well as patient focused clinical photography.

"It also highlights the impact of new digital media on the service.

Reprographic/illustration tasks such as copying to slides, chart and text slide production have disappeared, to be replaced by a modern service to meet the needs of healthcare professionals by developing services such as supporting poster production, digital illustrations, diagrams and digital video.

"It is a tribute to the hardworking professionals in our medical photography department. Well done Peter and Patrick!"



LEFT: Pillpushers team members prepare to take to the water.

Pillpushers take to the water

WELL done to the oar-some Pillpushers team who donned their water wings to raise cash for Macmillan Cancer Relief at this year's Dragonboat Festival.

Headed up by nutrition nurse, captain Mary Bird, the team collected a staggering £1,825 for the good cause - earning them an overall 33rd placing out of 52.

Team members from all areas of the Trust - from both the Peterborough District and Edith Cavell hospitals - included: Stuart Terrington, Helen Buchan, Helen Carrick, Sue Thompson, Lisa Bird, Julie Stokes, Mary Day, Heidi Presland, Edward Payne, Elaine Marsden and Bev Smith. Thanks also to family members who took part.



2005 is the Year of the Volunteer - honouring the millions of people in the UK who give their time to good causes. Last year, over 20 million people took part in some form of volunteering - and this latest campaign aims to boost that figure further. Pulse catches up with some of the many members of staff who are involved in a variety of voluntary work.....

We love helping...

Tracey Sharman
Aseptic services manager - pharmacy

THE life of a special constable is never dull - just ask Tracey Sharman who could be patrolling community fetes one day and rescuing a family from a burning house the next.

In the 13 years since joining Cambridgeshire Constabulary as a 'special', Tracey has received two divisional commendations for her policing actions, a Queen's Jubilee award and a long service medal.

Away from her work in pharmacy at Edith Cavell Hospital, Tracey's role as a special leads her to pound the pavements around Whittlesey in the force's Fenland Central Division.

She currently holds the rank of section officer, equivalent to that of a sergeant in the mainstream force.

Tracey explained: "Specials have the same powers as regular police constables, wear the same uniform and carry the same equipment.

"We are rigorously trained in various aspects of police work, including officer safety training.

"I find that the skills I have gained through being a special greatly enhance my work in the NHS and vice versa. Problem solving, decision making, dealing with difficult and complex situations and communication skills are among the skills I have obtained over the years."

Typical special duties include foot patrol, mobile patrol, assisting in the event of emergencies, house

to house inquiries, community events and working with community bobbies to tackle underage drinking, criminal damage and other crime.

Tracey added: "I have enjoyed every minute and have met some great people. I would recommend it to anyone - the comradeship and social life is great."

■ Well done also to Lesley Curtis from 4Y who is currently training to be a special constable.



I find that the skills I have gained through being a special greatly enhance my work in the NHS and vice versa



Elaine Hickey (right), cardiology department secretary; Diane Card, cardiac rehabilitation co-ordinator

Elaine first became involved in the guiding movement 17 years ago, when her daughter joined the Rainbows and Elaine was persuaded to help out as a leader. She now runs her own Rainbow, Brownie and Guide unit in Bretton, in charge of 40-plus girls, and is the County Rainbow Advisor.

Her work colleague Diane Card also currently holds the title of Assistant County Commissioner for Girl Guiding Cambridgeshire West.

As a national guide association trainer and Guider, Diane - who has been involved with guiding for 27 years - runs her own Brownie pack in Gunthorpe. "I love working with the girls, watching them grow and develop and it is such a worthwhile hobby," she said.



RIGHT: Daphne Barrick and Pam McNicol with some of the little kittens they have helped rescue.



Daphne Barrick,
CSSD manager
Pam McNicol,
communications officer

FELINE fancier Daphne Barrick has been involved with the Peterborough branch of the Cats Protection for 15 years - helping to re-home unwanted cats and kittens to loving families locally.

"I have now been a 'foster mum' for 13 years and have lost count of the number of cats and kittens that I have had in my care over these years. Four years ago I took over the co-ordinator's role in the branch. This involves helping to man the helpline, where the public can ring for help with neutering their cats, re-homing cats, lost and found register for people finding strays or trying to find their own cats, and for people ringing to give a cat a home," said Daphne.

"The work is continuous, and sometimes tiring, but the rewards when you see a cat re-homed to a loving family make all the effort worth it."

And as the Trust's communications officer, Pam puts her skills to use for the charity as the branch's publicity officer - promoting events and the work of the Cats Protection.

"I got involved a couple of years ago when I had more spare time on my hands. Its great to be able to put the skills I've learned at work to use for a local charity. Its really satisfying to see cats and kittens some of whom have come to us in a poor condition go off to loving new homes, and know that I've done my bit by raising our profile and organising events to keep the donations coming in."

Helping find homes for unwanted cats



LEFT: Hospital volunteers - Thelma Westwell (left) and Mary Ingamells who have nearly four decades service between them.

Army of volunteers

THE Trust has its own army of hospital volunteers - who meet and greet patients and visitors and assist with various duties around the wards.

Around 300 volunteers dedicate their spare time to working at Peterborough's hospitals - and a further 30 at Stamford Hospital.

The Peterborough District and Edith Cavell hospitals, along with the maternity unit and the Macmillan day care centre boast the largest number of volunteers.

As well as those long-serving helpers - some of whom have notched up an impressive 20 years volunteering with the Trust - there is a new breed of younger volunteers coming onto the hospital scene.

These range from two young adults in the physiotherapy department's cardiac gym, to school children assisting with catering department patient surveys and even students interested in a career in medicine spending time with staff in a variety of areas.

Volunteers at the hospital carry out a range of duties - from greeting patients in the outpatient department to assisting staff on wards with domestic chores.

To commemorate those who have served five, 10, 15 and 20 years, the Trust's voluntary services department is issuing recipients with a thank you card and pin badge to mark the Year of the Volunteer.

Mary Ingamells, a volunteer for 18 years said: "It was at a time when I needed something worthwhile to do with my life and a friend suggested being a volunteer at the hospital, and I have enjoyed doing it ever since."

Volunteer Thelma Westwell - who has 20 years' service - added: "I have done voluntary work for more than 36 years. Whilst staying with a friend in Saskatchewan I helped voluntarily at the hospital there and really enjoyed it, and when I came home I applied to the hospital here and started when Sutton Wing was opened."

A day in the life of

A&E Sister Bernadette Dales

Sister Bernadette Dales has been an accident and emergency nurse for 10 years - having spent half of that time in Peterborough. She chose A&E because of the excitement and challenge it represents on a daily basis. She has several roles within the department; as emergency nurse practitioner she diagnoses, treats and discharges patients with minor injuries.

Bernadette is responsible for the co-ordination of clinical activities and resources within the department - and is a team member involved in the delivery of emergency nursing care.

She said: "A&E nursing is exciting, unpredictable and diverse. One minute you could be dealing with a sprained ankle and the next be involved in active resuscitation.

"There is no typical day - but it might look like this...."



It's all in a day's work

Start of shift

7am - Shift allocation and handover of patients (in minors, majors, resus and observation ward) takes place. Outstanding cleaning, stocking up, drug availability and checking of equipment - particularly in the resuscitation room - is carried out. Assisting doctors with minor injury patients in taking observations, cleaning and dressing wounds, applying slings/plaster of paris or administering pain relief. The A&E nurse can do a lot before the doctor sees a patient - preventing any unnecessary delays.



Mid morning

Coffee breaks over, and the number of patients usually increases. Allocated to work in resus dealing with critical patients - whether a suspected heart attack or unconscious / trauma patient as a result of a road traffic accident.

Midday

Working in majors, the workload differs - all patients are undergoing some investigation, whether surgical, medical, orthopaedic or psychiatric. Most patients



are brought in by ambulance, so handover is taken from the paramedic crews - obtaining as much information about the patient as possible, which will be relevant to their treatment. In some cases, patients cannot communicate this information for themselves.



Mid afternoon

Working in the observation ward (similar routine to that on the wards) with patients generally observed for no more than 24 hours. Examples of these patients include those suffering a head injury and needing neurological observation, someone intoxicated with alcohol, or an elderly patient living alone requiring some social services input before being discharged.

End of shift

7.30pm - Although patients continue to arrive in A&E throughout the day, we ensure that all documentation, a legal requirement, is completed and up-to-date. Good communication with patients and their relatives to ensure their road to recovery is also important. The handover of all patients is given to the night staff.

Increasing choice

PATIENTS needing to see a specialist will soon be able to choose when and where they are treated.

The government's Choose and Book scheme - which is currently being rolled out across the country - is designed to offer patients more involvement in taking decisions and making choices about their healthcare. This includes radical changes to how appointments are booked.

At the moment, if a patient's GP decides they need to see a specialist, they write a letter to the hospital which allocates the patient an appointment. This process can take several weeks and the date offered may not always suit the patient.

Alternatively, the patient is contacted to agree the appointment.

The Choose and Book service means a patient can fit the appointment in with their lives, by choosing the date, time and hospital at which to be treated.

Patients will be able to either book their appointment electronically, immediately with the GP or practice site, or by telephone or internet from the comfort of their own home at a later stage.

The national target date for the

implementation of Choose and Book is December 2005, although the Trust (along with other hospitals around the country) has been involved with early pilot schemes. The aim is that by October this year, half of GP monthly referrals are made via the Choose and Book system - either electronically or manually.

It is hoped this number will grow to 80 per cent by December 2005.

Sue Shaw from the service improvement team is the Trust lead on Choose and Book, and has been involved in drawing up a timetable for implementation.

Sue said: "There is a lot of ground work to be done to ensure the smooth implementation of Choose and Book - which will undoubtedly bring huge benefits to patients who want greater involvement in their healthcare."

The clinical management board was recently given a demonstration of the Choose and Book software, followed by a series of roadshows for staff and patients.

Work on staff training, updating the relevant technology needed to implement the service, and liaison with GPs and other relevant health professionals is now underway.

"Benefits to staff will include a reduction in unnecessary administration and paper work and a streamlining of the referral process"



LEFT: Preparing for the implementation of Choose and Book, members of the service improvement team left to right Lynn McNish, Kristy Parnell, Sue Shaw and Sue Jay.



Proud day for Rachel

A PROUD moment for radiology's Rachel Mulqueen. Rachel is pictured at her graduation day at Anglia Polytechnic University (APU), having attained her diploma of higher education in medical imaging practice.

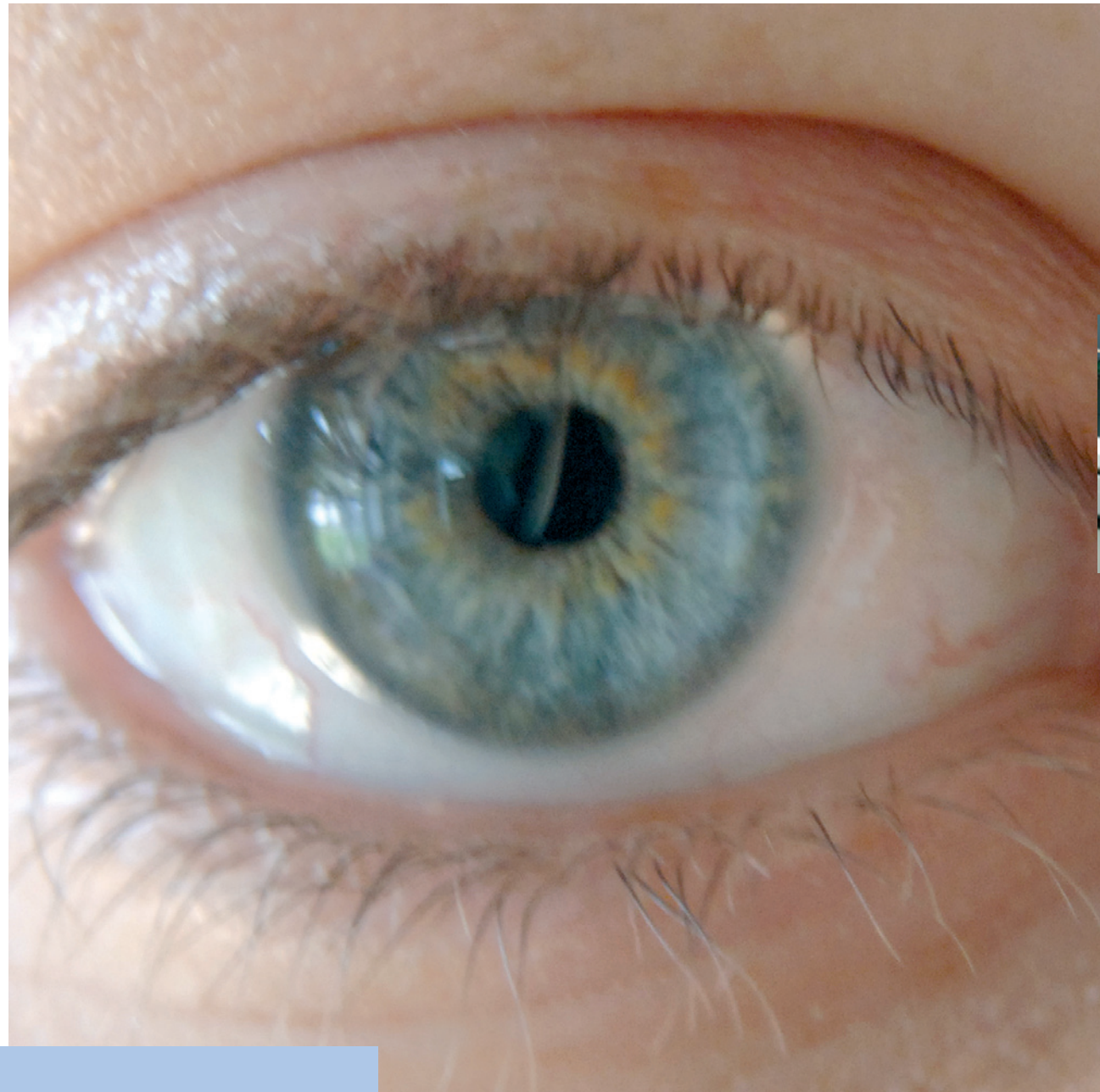
With the support of other areas of the Trust, particularly clinical and life support services and the medical library team, Rachel has been able to use their facilities to complete her studies.

She is now a qualified assistant practitioner working in the radiology department, and is undertaking the top degree from APU to gain her BSc (Hons) in radiography.

Rachel's colleagues Steve Allam and Phil Robson are following her footsteps, and are due to complete the course this summer.

It is estimated that more than half a million people suffer from the long-term eye disease, glaucoma in England and Wales - with more than 70 million people affected across the world. On the back of Glaucoma Awareness Week, Pulse takes a look at the Trust's work in this area.

Glaucoma screening service is set for success



Sarah Westwood



We are very happy with the positive feedback we've been getting



FOLLOWING the success of previous schemes involving community optometrists, the ophthalmic department recognised that glaucoma care could be managed in a similar way to that of diabetic retinopathy.

And just as Trust consultants were thinking about developing this service, the Department of Health invited bids for chronic eye disease pilot schemes.

A successful bid was submitted and funding was given.

The glaucoma screening service was set up jointly between the Trust and Greater Peterborough Primary Care Partnership with government funding of £422,000 from the Department of Health.

Currently, three optometrist practices and four optometrists are up and running in the community, and have been seeing patients since February this year.

These are:

Stamford: Christine Pirrie Opticians: Christine Pirrie and Nancy Guttridge-Smith.

Peterborough: Specsavers: Keshma Rughani.

Whittlesey: Whitehead Opticians: Robert Whitehead.

Sarah Westwood, trust service improvement team project manager, said: "Glaucoma patients

Fact file

- Glaucoma mainly affects people over the age of 60.
- It is found in about two per cent of people aged over 40.
- It can also affect children and young adults.
- There are two types of glaucoma: acute and chronic.
- Untreated glaucoma can lead to blindness.
- Treatment for glaucoma is effective and useful sight can be retained.
- Routine eye test results in diagnosis of glaucoma.

account for approximately 20 per cent of the ophthalmic outpatient workload. Following research into the areas our patients come from, we have targeted optometrists practising in those areas and four more practices been invited to join the scheme.

"These optometrists cover the areas of Peterborough, Bourne and Oundle and have recently completed their theory and practical training.

"This means that once they are accredited and have purchased the necessary equipment, they can start seeing patients."

Sarah added: "It is early days but 150 patients have been seen to the end of July, and we are very happy with the positive feedback we've been getting. These patients have reported benefits of faster appointment times, not being kept waiting and easier parking. We plan to run an audit on clinical outcomes and patient satisfaction once the scheme is more established.

"The early signs though are that the glaucoma screening service is going to be a great success."

THE PATIENT

WHEN James Thornley attended a routine eye test with Keshma Rughani at Specsavers, a problem was detected with the nerve behind one eye.

James said: "I was called back for a further eye test and as a result of that I was diagnosed with glaucoma."

James is now receiving treatment on prescription for the condition and has received more detailed information about glaucoma from the hospital.

THE OPTOMETRIST

KESHMA Rughani (pictured) at Specsavers completed her glaucoma screening training in January and has been offering the service for the past few months. She saw around 25 patients in the first two months.



The experience has been a positive one for herself and for her patients. Keshma said: "Getting involved in the glaucoma screening service has helped me to broaden my own knowledge and experience.

"The ophthalmic consultants at the hospital have been very supportive and are always standing by if I need any advice. My patients have also been very positive about the scheme. They have commented that they feel relaxed and have the time to ask questions during their appointments and I in turn have the time to reassure them about the treatment of glaucoma."

THE CONSULTANT

TRUST consultant ophthalmologist Stephen Vardy (pictured) commented: "The eye department at Peterborough and Stamford Hospitals has already gained enormous experience in benefiting patients through our collaboration with specially trained optometrists to deal with cataract and diabetic retinopathy patients.

"Over the past 12 months and as a result of funding from the Department of Health we have further extended our collaborative efforts to include glaucoma community care.

"Glaucoma represents around 20 per cent of the total workload presenting to UK eye departments, and with life expectancy increasing every year it is anticipated that glaucoma will account for one third of the workload by 2020."

He added: "It is very rewarding to be able to increase our capacity and through put of patients by using specially trained optometrists and to the great benefit of the patient."



Helping ease pain

PATIENTS recovering from surgery are being given the chance to manage their own pain - thanks to a donation from the Friends of Peterborough Hospitals.

Six patient controlled analgesia pumps have been purchased with the £15,000 donation from the Friends.

The equipment is a special pump designed to deliver a prescribed dose of analgesia for pain relief.

Pauline Chinn, acute pain nurse specialist, said: "The patient has control over the amount of painkiller they receive. Once the patient has pressed the hand set and the dose is delivered, the pump is set so no further dose will be delivered for five minutes.

"This type of pain relief is used for patients following their surgery, allowing patients to receive effective pain management."

The donation has allowed the Trust to replace some old pumps.



ABOVE: Recovery nurse Jackie Robertson with the pumps purchased from the Friends' donation.

Dealing with **pain**

PAIN is one of the most common reasons for people coming into hospital, and recent surveys show that many people have pain whilst they are in hospital.

Different types of pain need different approaches to help manage them - which is where recently appointed nurse

consultant in pain services, Ruth Day comes in.

Following on from her trust post as senior nurse within the pain team, Ruth's latest role will involve her educating patients, carers and healthcare professionals about pain and its management.

She is keen to enthuse others about pain management and together with acute

pain nurse specialist Pauline Chinn has already planned a couple of study days in the autumn.

Ruth said: "We are keen to offer a patient-focused approach in Peterborough and part of my role will be looking at how we can deliver the

services which meet the needs of our population.

"This may include exploring chronic pain clinics based in primary care rather than in the hospital outpatients and working more closely with nurses and GPs in the community."

As an experienced acupuncturist, Ruth is also keen to look holistically at how to help people manage their pain.

Amnesty success

JULY was equipment amnesty month for the Trust - when crutches, zimmer frames, wheelchairs nebulisers and pumps were among the items returned.

Although the amnesty has now ended, if people still have equipment lying around in their homes, sheds or garages, they can take them along to their nearest hospital. If they are unable to travel or have heavier items, they can contact 01733 874898 to arrange collection.

Pat Dean, therapy services business manager, said: "Every piece will really help as unreturned equipment is a huge and unnecessary drain on our resources as we have to replace what we can afford to."



ABOVE:
Nurse
consultant
pain
services,
Ruth Day

Alan's final bow...

“

Alan is one of the longest serving and most highly regarded medical directors in the business. He has led the Trust as medical director for over 12 years during which time he was also twice acting chief executive. With his insight, wisdom and considerable sense of humour he has been a key player on the trust board and an outstanding ambassador for the organisation.

Chris Banks
Chief Executive

”

AFTER 25 dedicated years to the Trust – its time for consultant urologist and medical director Alan Turner to pack away his collection of bow ties, hang up his cystoscope, and put down the theatre mop!

Alan joined the Trust in 1980 and still remembers the day he told his wife that he had been offered the post. She had just been listening to an interview with an actress who had got on the wrong train from London and spent a couple of hours in Peterborough. She said she 'could not imagine ever wanting to live in Peterborough'.



Despite this Alan, his wife Anthea and their three children have no regrets in moving to the city.

Having seen so many changes over the past 25 years with the development of the Edith Cavell Hospital and a large increase in the number of specialist departments within the hospital with both regional and national reputations, Alan is preparing for his



retirement next month.

"I've had 25 happy years here - I've seen good times and bad times but

above all the staff have made the job worthwhile," he told Pulse.

He is happy to leave the urology unit which, as the first urologist in Peterborough, he developed with Nick Blackford and the clinical directorate he formed with Chris Wilkinson. But he will miss all the staff who have

become like a family to him.

During his time as medical director Alan had also acted as chief executive on two occasions before Malcolm Lowe-Lauri and Chris Banks were appointed.

In addition he has even experienced a taste of his own medicine having had his appendix out sometime ago.

Far from taking it easy after his retirement, he is planning to put his pilot's licence to increased use and enjoy driving his 1962 Inspector Morse type Jaguar.

"I love travelling and whilst I won't be doing any further clinical work, there



is a plan with friends to go out to places like Africa to train surgeons - it is a profession that has given me many years of joy."

From shaking hands with royalty to mopping up floors in theatres - Alan Turner's people skills knows no bounds.

"Colleagues in theatres often smirk when they see me, a consultant, get the mop out at the start and end of lists and wipe the floors," he said.

"But I tell them I'm used to it, having first done it as a 17-year-old trying to earn some extra cash in the school holidays."

■ Meanwhile, congratulations to John Randall who has been appointed medical director to succeed Alan with effect from October 1. John and Alan are spending the next few weeks working together to ensure a smooth transition.

The other side of Alan Turner...

ALWAYS game-for-a-laugh, Alan's antics include:

- Taking part in Peterborough's first (now defunct) Great Eastern Fun run in aid of urology, along with the first wheelchair participant - a urology patient.
- Being a team member at many of the Team 8 Challenges

- Performing on stage at the Pillpushers productions
- More recently, standing in as one of the drivers for the Three Peaks Challenge, undertaken by staff in theatres. He said: "I've had great fun joining in, and I thank the staff for allowing me to do so."

RIGHT: At the planning stage - Helen Warren from Amazon ward looks over the garden plans with Shelagh Linkleter, community investment manager for Anglian Water



Going greener

Ground Force-style makeover for Trust's Amazon ward garden

A TEAM of green-fingered local business people have been up to their wellies in flora and fauna - as part of a major project (funded by Anglian Water and partners) to revamp the Trust's Amazon ward garden.

The week-long 'Ground Force' style makeover has seen volunteer gardeners and experts roll up their sleeves and get stuck into a team building/community project, with a helping hand from specialist contractors.

Reaping the benefits for the amazing transformation will be children, their parents, and staff.

The quarter of an acre site - which was predominately a grassed area prone to getting muddy in wet weather - has undergone a total facelift.

A party to mark the official unveiling was held soon after work was completed.

Matron for children's services

Sue Hartley said: "The whole experience has been amazing, and I can't thank the team from Anglian Water enough.

"The end result is phenomenal, and accurately reflects the comments made in a consultation we carried out with children prior to the event.

"Thanks also to staff not only from Amazon ward, but from other areas of the Trust who have been affected by this work - including site services, estates and the car parking team."

Shelagh Linkleter, community investment manager for Anglian Water added: "The hospital garden project was chosen because it fits well with the skills we have to offer through our employee volunteering programme.

"Our employees, who are not all from Peterborough, all know someone who has been affected by having a sick child. We wanted to make a real difference to all those youngsters so that their stay in hospital might be that little bit less frightening if they have somewhere they can really play in safety and to their abilities.

"This garden design hopefully covers all ages and abilities and we hope that many children will have a speedier recovery through using it."

Fact file

The new garden has:

- A sensory area with touchy-feely and scented plants
- A magical area with jungle-style plants to explore
- A teenage zone, which incorporates a bus shelter!
- A waterfall
- A quiet area
- A sheltered area for youngsters who have to remain in their beds
- An eye-catching purple pathway



LEFT: Play leaders Helen Warren and Jane Buckingham as the garden starts to take shape.



RIGHT: Play Leader Jane Buckingham shows young patient Dannii Jarvis around the new garden.



LEFT; Patient Salman Fatmi (11) soaks up the garden atmosphere with mum Amber.

BELOW: It's finished! The new-look Amazon garden offers a wow factor to patients, their parents and staff.



Major incident plan launch

A MAJOR incident plan for Stamford Hospital is being launched in August. While Peterborough's A&E department will continue to be the main treatment centre for casualties in the event of a major incident, the Stamford plan will enable patients to receive treatment locally should they require it.

Retirement: Dr Simon Tuck, consultant paediatrician, will be retiring this month after 21 years with the Trust.

New role: The Trust has appointed David Forth to the post of business manager. He has taken over the role from Paul Denton who is now several months into his new post of deputy general manager for clinical and life support services. David is based at the District Hospital and can be contacted on ext 4456.

Summer play: The Trust's summer playscheme, Kids' Kingdom, is running sessions for youngsters between the ages of five and 12 during the school summer holidays. For details on availability contact Ceri Wilson, childcare co-ordinator on ext 4135.

WELL done to newly-qualified emergency nurse practitioner Claire Hannant.

Claire, from Stamford Hospital, recently completed a six month minor injuries course at Lincoln County Hospital.

Aspects covered in the training included wrist and hand, ankle and foot injuries, also head injuries, wounds, burns and minor injuries involving the eye.

Following each assignment, Claire was asked to assess a number of

patients and then complete a paper and oral examination, as well as an assignment and presentation.

Claire said: "On qualifying and whilst working within agreed protocols, I am able to diagnose, treat and discharge patients without reference to a doctor.

"This service helps towards improving patient waiting times thus improving the patient's experience and level of service they can expect to receive when attending the minor injuries unit at Stamford Hospital."



Claire qualifies as emergency nurse practitioner

Tackling obesity

THE city has appointed its first professional dedicated to addressing the growing problem of obesity.

Jean Hughes (**pictured**) has taken on the role as consultant dietitian in obesity management for Peterborough, and is one of only five nationwide to hold such a ground-breaking post.

The role has been developed by Sandra Church, head of nutrition and dietetics, in response to the problem of obesity locally.

Sandra said: "These ground breaking posts are designed to support innovative service developments across professions and agencies - including non-NHS organisations, which meet the needs of the local population.

"This new role has a dual focus - both prevention and treatment of obesity.

She added: "We know from studies that approximately 22 per cent of the population - that's around 46,387 people - across the Greater

Peterborough area are obese."

Although Jean is employed by the Greater Peterborough Primary Care Partnership, she will be working across primary and secondary care, community services, education, leisure, and linking in with higher education institutes.

Jean - who is Canadian, but has worked in the UK for 10 years - has a wealth of experience in obesity management and prevention and a strong background in research.

She said: "Obesity has become a significant public health concern in the UK. We can all take positive steps towards preventing and resolving the serious health problems related to obesity by achieving and maintaining a healthy weight.

"In Peterborough we will be working together to make it easier for people to get the support necessary to make choices for healthy eating and healthy activity and to achieve a healthy weight."



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Around 46,387 people across the Greater Peterborough area are obese

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Four decades on Fay calls it a day...

AFTER four decades of working at the Trust - long-serving ward clerk Fay Pittam is hanging up her uniform.

A switch from hospital catering to caring back in 1965 has led to a distinguished career for the familiar 2Z face, who is retiring in September after 40 years uninterrupted service.

Fay's career began as an auxiliary nurse on night duty at the former Memorial Hospital, with its 180 beds.

"It's amazing how times and things have changed over the years," Fay told Pulse.

"Some of the hospitals I used to work in have been pulled down. I even nursed at Thorpe Hall when it was a convalescent/rehabilitation hospital, including a maternity unit on the top floor."

When Peterborough District Hospital opened its doors in 1968, Fay continued to work on what then became the Memorial Wing, caring primarily

for the elderly.

She also worked at the old Fenland Wing until its closure in 1998, when she moved to Ward 2Z/stroke unit as a nutritional assistant/ward clerk.

Fay said: "I enjoy the work and feel privileged to be working as a ward clerk. The knowledge and experience gained over the years are very rewarding. I know lots of different people in different departments and have made numerous friends who I will always treasure in my retirement.

And as she prepares for her 60th birthday in September, Fay plans to fill her retirement with pursuits like gardening, sequence dancing, golf, bowls and swimming - as well as joining the Hospital Retirement Fellowship.

RIGHT: Gearing up for her retirement at the end of four decades - ward clerk Fay Pittam.



Travel options Trust launches its new initiative

“We believe changes and initiatives we are introducing will improve the experience of parking at our hospitals for everyone.”

THE travel options initiative is now being launched.

The consultation earlier this year was initiated following increasing parking congestion and illegal parking at the hospitals.

A range of schemes are planned for the two Peterborough hospitals to encourage staff, patients and visitors to use more public transport and alternative methods of transport rather than driving to the hospitals.

The following schemes will be introduced throughout August and September.

- Staff parking charges were increased in line with other city centre and local NHS car parks (from 1 August)
- Patient and visitor charges will change from 5 September
- Plans are in place for council parking attendants to issue penalties where cars are parked illegally (start date to be confirmed)
- A free staff bus service between Edith Cavell Hospital and the District Hospital

- A subsidised 'megarider' weekly bus ticket for staff will be introduced for staff to use to travel to and from work
- Car sharing among hospital members of staff

Gerry McIntyre, facilities general manager, said:

"We have listened to feedback from our travel options consultation and believe the changes and initiatives we are introducing will improve the experience of parking at our hospitals for everyone.

Stamford Hospital

Staff, patients and visitors to Stamford Hospital will not have to pay parking charges at the present time - the Trust has confirmed.

However, all hospital users are encouraged where possible to use public transport, car share or use alternative forms of transport to ensure parking congestion doesn't become a problem in the future.



Romania donation

TEN beds from Stamford Hospital are now being used at a TB hospital in Romania.

The donation was made possible following an upgrading of equipment allowing the old beds to be given a new lease of life.

The idea to donate them to charity came from Ross Affleck in the pharmacy department - who made contact with Tony Williams from the Laarbruch Romanian Organisation.

Tony and Flight Sergeant John Young from RAF Wittering collected the beds, at no cost to the Trust, and delivered them to their new home in Romania.

Tony told Pulse: "The beds and mattresses were very gratefully received by the staff in Romania. The mattresses were a great bonus as it is more usual just to receive beds."

Some of the beds were put into immediate use, having been sent to an intensive care unit in the north of the country. Five other were transferred to the main Baia Mare hospital, which is in desperate need of better facilities.

Spare beds offer much needed relief

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We are very happy to be able to provide surplus equipment to areas of the world that have a greater need

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OVER 100 surplus hospital beds are now benefiting patients thousands of miles away in the Middle East and Eastern Europe.

Charities working for the ill and needy in Iraq and Bangladesh have sent the old trust beds to the countries' hospitals, along with other unwanted equipment.

Four 40-foot container lorries collected the cargo from Peterborough a few weeks ago.

The Human Relief Foundation, based in Bradford, received beds for Iraq to help hospitals that have been hit hard by the war over the last couple of years.

Yousaf Razaq, project co-ordinator at the Human Relief Foundation said: "We are extremely grateful to the Trust for their invaluable contribution towards our hospital medical campaign, helping the innocent and suffering in Iraq."

Further beds were sent to the Jalalabad Disabled Rehabilitation Centre

in Bangladesh, thanks to Huntingdon-based charity Give Us A Lift.

David Ireland, assistant director, risk and occupational health, who organised the donations said: "We are very happy to be able to provide surplus equipment to areas of the world that have a greater need. If we had not donated the beds to charity then they would have been scrapped.

"We have been able to organise the collection and delivery of the beds through the help and support of other organisations, so the Trust has not incurred any costs."

As well as the surplus beds, other equipment including hoists, trolleys, bedside tables and waste bins were also given to the charities.

Due to its £1million bonus in 2003, the Trust has been able to spend around £450,000 on a replacement bed programme, enabling the older, surplus equipment to be donated to charity.

Tree planting tribute to secretary Sandra

FAMILY, friends and colleagues gathered in the grounds of Stamford Hospital recently to plant a tree in memory of Sandra Close. A service was conducted by the Revd Martyn Taylor, Stamford Hospital chaplain.

Sandra, who worked as medical secretary at the hospital for over 20 years, was tragically killed in a road accident whilst on holiday in Tunisia last summer.

Paying tribute to Sandra, orthopaedic secretary Sheila Leddington said: "She was a great character, kind and caring with a wealth of experience and many tales to tell. She is greatly missed, particularly by her fellow medical secretaries, the consultants she worked for and many other members of staff."



In memory of Sandra, Sheila Leddington, medical secretary (left) and Lynn McNish, project manager.

Exam accolade

THE Trust has achieved success in its annual anaesthetic exams - with one candidate gaining the joint highest score nationally.

This recognition goes to Dr John Delougherley - who shares the prize with one other person. The Trust was also praised for having the highest number of candidates sitting the Primary FRCA exams at one time. The national average pass rate is around 45 per cent, while Peterborough achieved seven out of 10 passes.

More success: Well done to the Peterborough branch of the NHS Retirement Fellowship, which has scooped a national award for its newsletter.

The Trust's Annual meeting: The annual public meeting will be held on 28 September at the Peterborough United Football Ground. Check local press for

Stamford patients benefit from new equipment

PATIENTS at Stamford Hospital are reaping the benefits of new equipment delivered to a range of wards and departments.

- A new bladder scanner will be used by patients around the hospital, enabling staff to monitor residual urine in the bladder - which in turn may prevent some patients having to undergo catheterisation.

- Due to an increase in the number of laparoscopic procedures being carried out, additional gynaecology instruments have been purchased for use in the main theatre.

- Meanwhile, surgeons are making use of a new item called an arthrowand - used when carrying out arthroscopies of the knee joint. "This equipment has been in place for a few weeks and the surgeons who use it are finding it very useful," said Su Mansell, lead practitioner (theatres).



RIGHT: Orthopaedic consultant Martin Sutcliffe and senior theatre practitioner

Alison Pacey with one of the new arthrowands



RIGHT: Staff nurse Paula Reeves with the bladder scanner

Yearning to learn

THE Trust's learning and development team has been 'touring' the hospital sites to encourage staff to take up the many opportunities available to them.

Stamford, Edith Cavell and Peterborough District hospitals each received visits during Learning At Work week (May 23 - 27), with staff on hand to talk about a range of NVQs, training, management and personal development courses - as well as answering questions and handing out information.

Display boards and the latest copy of the new learning and development newsletter, Learning Matters, also helped to hammer home the message.

BELOW: Suzanne Cooper, Derek Furze, Lyndsay Clarke and Julie Bartle.



PROFILE

Keen cyclist and lover of the great outdoors, Mandy Renton (pictured) tells Pulse a little about her new role as general manager of Stamford Hospital.



Name: Mandy Renton

Job title and where based: General manager for Stamford Hospital and woman and child services. I'm based in two main offices, one at Peterborough Maternity Unit and another in Stamford.

What are your main duties/ responsibilities?

I am responsible for the delivery of operational services in all parts of the service units. My day to day work is mostly about strategy and policy. I am supported by the assistant general managers who take the lead in the operational areas.

Much of my work takes me outside of the organisation working with our partners in the primary care trusts, social care and education. This is especially important for the children's agenda which focuses greatly on public health and prevention of harm to children.

How are you adapting to your new dual roles?

My diary is manic at present and I know that staff are finding it less easy to find me on the off chance, as was the case before I took on the managerial leadership of Stamford Hospital. As we establish our new management structure I hope that this will be resolved.

One of the main opportunities for the linked services is the chance to learn from others. There are areas of expert practices in both parts of the service unit and I hope to use that expertise to push practice forward even more.

How do you enjoy your spare time?

Most of my spare time is spent with my children and so we can be found in Ferry Meadows or at the swimming pool. We love to be out of doors either in the park or garden.

Where would be your ideal holiday and why?

Depends on the time of year - we all enjoyed skiing this year, first time for the children. But we also love the sun and sea. My ideal holiday is one where the family is entertained and I can relax, preferably with a glass of wine and some good food!

What are your professional and personal hopes for the future?

I want our services to be seen as good quality and designed as far as possible to meet the needs of the population. I hope that I can maintain my knowledge to keep up with the changing agenda to help to support staff to make this a reality.

New approach

Changes to theatre team

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We will enhance the effectiveness and quality of the services offered by the department

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A SUCCESSFUL recruitment drive within the Trust's theatre department has led to the introduction of a new project to develop staff training and further enhance patient care.

The roles of department orderly and support worker have now been re-designed and combined - leading to the creation of the perioperative assistant, like Scott Cree (pictured).

While patients will receive a seamless service for their surgical journey by trained and skilled staff, the move is in line with the modernisation of the department - and gives greater opportunity for staff development.

Speaking on behalf of the project team, Tracy Coates, matron for perioperative care said: "By combining the role of orderly and support worker we will enhance the effectiveness and quality of the services offered by the department, while contributing to our scheme for developing our staff.



"The perioperative assistant role supports the roles that are already in existence, like that of the specialist theatre support worker, and is the foundation of our skills escalator."

The project will also help the department prepare for changing demands in healthcare, in readiness for the Trust's new theatre complex as part of Peterborough's new hospital plans.

A recruitment day held a few weeks ago as an ongoing process to encourage more staff to fill the department's posts was successful.

David is our unsung hero

A 'REMARKABLE and inspirational energy and enthusiasm' for the job has earned David Baxter (pictured) an unsung hero award.

David, pathology quality manager, was nominated by the clinical life support and services improving working lives group.

His work within the Peterborough department, as well as his previous role within Stamford pathology over the past 40 years has been held in high esteem. David's nomination

included: "At a time when most would consider a gradual winding down of activity, David has gone up a gear. In the last two years. He has undergone a major shift in career direction.

"His impact at a strategic level has been considerable and his name is well known at both the Strategic Health Authority and Department of Health. David has maintained a steady flow of information back to the Trust on wider developments affecting staff."



Mayor backs the Friends

THE Friends of Peterborough Hospitals have received high profile support for the year - being chosen as one of the charities of the city's new mayor. Councillor John Horrell - who is also a public governor of the Trust - has selected the Friends as one of his three mayoral charities for the coming year. The Friends will be invited to help organise a programme of events, ranging from coffee mornings in the town hall to the mayor's charity ball next spring. Lisa Chambers Friends shop manager said: "This will be an excellent publicity opportunity for the Friends and help promote their cause. The committee agreed it was an honour to be chosen, and look forward to the rewards."

Emergency plan course

A NEW course designed to give managers and clinicians the knowledge and skills they require to deal with a major incident in a hospital setting is now being run by the Trust. The Hospital Major Incident Medical Management and Support (HMIMMS) course is run over two days. Details from Celia Kendrick on ext 4168 or Sheena Anderson on ext 5806.

Marathon man Chris ups the stakes

GEARING up for one of his biggest physical challenges to date is trust urology consultant Chris Dawson.

Chris - who was forced to pull out of this year's London Marathon through illness - is about to embark on a new sporting venture - the London Triathlon.

The gruelling event will involve a 750 metre swim, a 20 km bike ride and a five km run.

Training for this month's challenge is well underway, and has involved a twice-weekly four to six mile run.

Chris has also been concentrating on his swimming and cycling. In preparation, Chris completed his first triathlon a few weeks ago - a local event run by PACTRAC (Peterborough Area Combined Triathlon Athletic Club) based in Oundle.

He said: "It was a 800 metre swim, 18 mile bike ride and then a five mile run. The London Triathlon in August is actually shorter than that so I know I can do it now!"

"However, the bit that bothers me most is that the swim in the London Triathlon is in open water in Royal



ABOVE: Up for a challenge - urology consultant Chris Dawson

Surrey Docks, and you have to wear a wetsuit!

"I am confident that I will do it though. With all of these things it is self belief and mental preparation that counts most!"

Chris' donations received this year for the London Marathon have been passed on to the charity Leukemia Care, and will be topped up next spring when he runs in the 2006 London Marathon.

“

I am confident that I will do it though. With all of these things it is self belief and mental preparation that counts most!

”

Scaling the peaks for charity

WELL done to theatres staff on their gruelling Three Peaks Challenge.

The nine-strong team completed their mission to climb Ben Nevis in Scotland, Scafell Pike in England and Mount Snowdon in Wales - all in 27 hours.

Specialist support worker Philip Webb led the team, and says he relished the opportunity to complete the challenge he first accomplished 20 years ago.

The efforts of the team - Phillip, Derek Snow, Dr Rob Bailey, Rigmour Duffy, Jane Holdup, Nicky Trayford, Helen Buchan,

Gina West and Paul Gallagher - have raised about £2,500.

The money will go to the Peterborough branch of MIND and Matley School in Orton Brimbles.

The team has also thanked medical director Alan Turner and Sue Grundy for supporting them by sharing the 1200 mile driving and cooking chores.

Philip and his colleagues are already planning their next assault on Slieve Donard, the highest mountain in Northern Ireland and the fourth highest in Britain.



Helping you stay ALERT

EXTRA dates for acute life threatening events recognition and treatment (ALERT) courses have been added to the programme.

The course has been designed to assist medical and nursing staff of all grades to manage critically ill patients safely and successfully.

To find out more, contact Barbara Drinkall on ext 5797. The next one-day course is on 23 September.

Howzat! Well done to everyone who took part in Stamford's May Day Edwardian cricket match. Held on the Meadows and organised by hotels The George, Lady Anne's, The Crown and The Garden House - the event raised £2,300 for the Friends of Stamford Hospital.