

news@UHB

Good Hope Hospital

June 2018

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Team GB honour for apprentice



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Sister's amazing 50 years of working in the NHS



Mum thanks doctors for saving her life after suffering stroke while pregnant

A mum has praised University Hospitals Birmingham's doctors after they saved her life – and that of her baby - when she had a major stroke.

Rose Douglas, aged 26, from Hollywood in Birmingham, was 32 weeks pregnant and eating out with her friend Charlotte when she felt ill.

One minute she was chatting away and the next, she was unable to talk or move the right side of her body.

At first Rose believed it was a bad migraine but Charlotte realised something was wrong and dialled 999.

Rose said: "When the paramedics arrived, they were asking me questions and in my head I was answering them but my mouth wasn't responding.

"When I was in the ambulance, I was hooked up to a drip and I noticed that my right arm wasn't moving."

She was admitted to Heartlands Hospital emergency department and was seen by stroke nurse, Pete Carr and stroke consultant, Dr Rajendra Yadava and went for an MRI.

Staff outlined the options. Thrombolysis treatment can break down and disperse a clot that is preventing blood from reaching the brain, but administering it to a pregnant patient, can put both mum and baby at risk. However, not administering the treatment would put Rose in a life-threatening position, with the clot blocking the blood flow to reach her brain.

Rose consented to treatment and after it was administered, she started to feel better. But the effects didn't last and she was transferred to Queen Elizabeth Hospital for a thrombectomy.

She was in hospital for nine days and baby Grace Elizabeth was born at 36 weeks. She is now six and a half months old and doing well. Rose said: "I know that Grace Elizabeth and I are really lucky to be alive. The teams looking after me were so reassuring.

"It just goes to show that stroke can affect anyone."

Work starts on £600,000 revamp at Good Hope

Work has begun on a major refurbishment which will transform education facilities at Good Hope Hospital.

Good Hope Hospital Charity is funding the upgrade of the Partnership Learning Centre (PLC) and the Education Centre with a £600,000 grant.

Building work is now underway and the whole revamp is expected to be completed by the end of August.

The refurbishment will see the PLC improved and it will become a focal point for clinical skills training.

The PLC upgrade will:

- Create a new tiered seating lecture theatre in the PLC
- Upgrade video conferencing facilities

- Replace outdated audio visual equipment and correct current damp problems
- Relocate the current clinical skills facilities from the Education Centre to the PLC

The improvements to video conferencing facilities will make a real difference to those groups who use them regularly.

Consolidating all the clinical skills facilities in the PLC will enable efficient use of equipment and resources.

Once the clinical skills facilities have moved from the Education Centre to the PLC, the

space will be re-purposed to classroom/meeting room facilities and offices and most of the education staff currently in the Trust building will move into the Education Centre and PLC.

Interruption to the education facilities will be kept to a minimum, with most of the disruptive work in public spaces taking place at weekends.

The lecture theatre will also have updated signage reflecting the generous legacy from the Hollier family which continues to support doctor education at Good Hope Hospital.



GET IN TOUCH

Hello and welcome to the June edition of news@. We hope you enjoy reading about some of the great things going on across the University Hospitals Birmingham NHS Foundation Trust.

If you have a story or an event coming up which you think could be suitable to feature in news@ please do get in touch with the communications team on 0121 424 1809 or email communications@heartofengland.nhs.uk

Cystic Fibrosis event planned in July

An educational event aimed at people with Cystic Fibrosis, their parents and carers is being held in the Heartlands Hospital Education Centre on the morning of Saturday 7 July.

It will focus on 'What's new in CF treatments' and the aim is to explain how new treatments (for example, Orkambi and Symdeko) were developed and how they work. It will also look at what research is planned to develop better treatments and whether they may be funded on the NHS.

Organisers want people with CF to be able to take part, so are planning on inviting all of our patients to take part by video conference, so that they can see the talks and presentations and ask questions.

It is also planned to give people the chance to ask questions via Twitter and Facebook.

Consultant in respiratory medicine Ed Nash will welcome people to the event in the lecture theatre at 10am.

For more information contact CF Trial co-ordinator Johanna Reely on 0121 424 2123.

✉ johanna.reely@heartofengland.nhs.uk

Meet our teams at recruitment session

If you'd like to find out more about working in paediatric or neonatal services at our Trust, we'd like to invite you to come along to a recruitment event on 2 July between 10.30am and 2pm at Heartlands Hospital Education Centre.

We are looking to recruit newly qualified nurses who are keen to establish their career in general paediatrics or neonatal care and experienced nurses who are seeking a change in location or have an aspiration to develop different skills.

Our teams work at Heartlands and Good Hope hospitals. Call Ameer Denyer-Smith or Emma Tonks 0121 424 2176 for more information.

Time to shine a light on excellent care at Trust Staff Awards



Building Healthier Lives Awards

Do you know someone who deserves to be recognised?

Celebrating achievement, commitment, ingenuity and determination has been an important part of Trust life for many years; now as a single organisation, UHB wants to shine a spotlight on those providing excellent care across all its services.

The new Building Healthier Lives Awards aims to recognise staff, volunteers, fundraisers and members of University Hospitals Birmingham NHS Foundation Trust (UHB) who are building healthier lives for the people of Birmingham and Solihull.

The 15 award categories will celebrate the exceptional achievements, dedication and compassion of so many, who every day go 'above and beyond' to provide the best care for our patients and their families or go that 'extra mile' to support colleagues in this aim.

The new awards programme has two stages – Site Finals and an overall Grand Final.

Site Finals

At each of our hospital sites*, bronze, silver and gold awards will be presented to the judging panel's top three nominees in each award category.

The site finals will be held at each of our four hospital sites in November 2018.

*Our sites are:

Good Hope Hospital, Heartlands Hospital including Birmingham Chest Clinic, Queen Elizabeth Hospital Birmingham and; Solihull Hospital including Solihull Community Services.



Grand Final

The gold award winners from each site go forward to the Grand Final to decide the overall Trust-wide winner for each award category. The winner for each category will be presented with the Diamond Award at a glittering ceremony in March 2019.

To celebrate the wide variety of ways staff and volunteers support patients across the Trust, 15 very special awards will be presented, these are:

- Best in Care Clinical Award
- Supporting Our Services Award
- Behind the Scenes Award
- Chief Executive's Innovation Award
- Governors' Volunteer of the Year
- Team of the Year Award
- Charity Supporter of the Year Award
- Colleague of the Year Award
- Training, Education and Wellbeing Award

- Chair's Award
- Excellence in Patient Care Award
- Brighter Futures Award
- Research and Development
- Building Healthier Lives Award

Anyone can nominate a member of staff (or team), charity supporter or a volunteer working anywhere within the Trust.

Simply complete our online nomination form or fill in a paper nomination form available from our main reception desks.

Visit our awards website for further details:

www.buildinghealthierlives.co.uk



The Awards are kindly supported by



AAA screening team spread the word as part of Men's Health Week in June

Our abdominal aortic aneurysms (AAA) screening team will be out and about at our hospital sites promoting their work during Men's Health Week which runs from 11 June to 17 June.

Men are at higher risk of abdominal aortic aneurysms, especially those over the age of 65. Abdominal aortic aneurysms are caused when the main blood vessel in the body (the aorta) weakens and expands. There are not often visible symptoms when this happens, so those affected are unaware they have one, until they fatally burst.

Luckily, a simple ultrasound scan can detect these serious blood vessel swellings before they become a problem. If you're male and due to turn 65 and from Birmingham or Solihull you will be automatically sent an invite as part of a UK-wide screening programme:

Any men over 65 who have not had screening can contact the programme to arrange a free scan on 0121 424 3612.

It's important to take up this free screening offer, because men are approximately six times more likely to have an abdominal aortic aneurysm than women.

Our screening team will be out and about in June to promote their work.

Their schedule is: Heartlands Hospital, Tuesday 12 June AM, Solihull Hospital Tuesday 12 June PM, Good Hope Hospital Wednesday 13 June AM, Heartlands Hospital Wednesday 13 June PM, Queen Elizabeth Hospital Thursday 14 June All day, Solihull Hospital Friday 15 June AM, Good Hope Hospital Friday 15 June PM.

If you'd like to find out where you can be screened, visit

www.heartofengland.nhs.uk/aaa-screening.

Trust apprentice chosen for Team GB tentpegging team

An IT apprentice has been selected to represent Britain at the ancient sport of tentpegging.

Zeeshan Mehmood, who has been given his first call-up for the British tentpegging team, will be taking part in a major international tournament in Durban, South Africa.

Tentpegging is an equestrian sport which involves picking up wooden tent pegs from the ground on a galloping horse - using a sword or lance. It dates back centuries and is highly skilled and can be spectacular to watch.

Zeeshan, who started as an apprentice with our Trust last December, will be one of five riders in the GB under-21s team for the five-day event at the end of June.

His colleagues in IT at Heartlands Hospital are all very proud of him and will be supporting him from afar.

Zeeshan, who has just turned 21 and lives in Birmingham, was delighted to get his first call-up for the national side.

He said: "It's an absolute honour. My family are very proud and my work colleagues are supporting me as their 'younger brother' and that means a lot to me."

He loves the excitement you get from competing in the sport.

"When you're on the horse and everyone is watching you and the pressure is on you, that gives you a real adrenalin rush."

A team of riders compete in individual and team classes and the winning team is the one which accumulates the highest number of points.

Zeeshan rides locally with the Punjab Lancers, a Birmingham team created by his dad and his friends. If you want to see the sport live there is a show in Birmingham's Ward End Park on July 22.

The sport attracts big crowds in the UK



“It’s an absolute honour. My family are very proud and my work colleagues are supporting me as their ‘younger brother’ and that means a lot to me”

and Zeeshan had the chance to perform before 12,000 spectators last year.

Tentpegging is said to date back 2,500 years with today's sport being an adaptation of traditional skills developed by Asian armies who relied on their skill with the lance to defeat their enemies.

It is said to be "the ultimate test of horsemanship, requiring determination, hand-eye coordination, discipline and a fearless love of speed".



Zeeshan in action during a recent tournament



Zeeshan with his IT colleagues at Heartlands Hospital

Parents urged to get children vaccinated as measles numbers in West Midlands rise

Parents of children under the age of five in Birmingham and Solihull, who have missed their MMR vaccinations, have received a reminder letter from the NHS.

Bosses at the regional NHS and Public Health England are asking parents to arrange immunisation at their GP surgery.

PHE West Midlands has also written to all regional GPs asking them to be on the alert for the symptoms of measles and to take the opportunity to immunise children and adults who may not have received two doses of the MMR vaccine.

The call comes as the outbreak, which originally was focused in Birmingham and Solihull, has now become a West Midlands wide community issue with over 100 cases.

Dr Bharat Sibal, PHE West Midlands Lead Consultant in Communicable Disease Control, said: "Those affected are all recovering, but it's important to understand measles can be a very serious illness and lead to severe complications, especially in people who are particularly vulnerable or have other health conditions. The current outbreak in the West Midlands has seen 51% of cases admitted to hospital.

"The misery caused by measles is entirely preventable. The free MMR vaccine is a safe and effective way of protecting against measles, as well as mumps and rubella. The ages of people affected range from 3 months to 50 years, however the average age is 5 years - which is why it's particularly important for parents to have their children vaccinated when offered. The first MMR vaccine is given when the child is 1 year old, with a booster at 3 years 4 months of age, so we are writing to those parents who have missed one or both of those appointments.

"If children and young adults have missed these vaccinations in the past, it's important to take up the vaccine now from GPs, particularly in light of the rising number of cases in Birmingham and Solihull. Check your child's Red Book to see if they've received MMR vaccinations as scheduled, or check with your GP surgery if you're unsure."

Symptoms to be aware of include:

- high fever
- sore, red, watery eyes
- coughing
- aching and feeling generally unwell
- a blotchy red brown rash, which usually appears after the initial symptoms

The free MMR vaccine is a safe and effective way of protecting against measles, as well as mumps and rubella.

This month's Charity news

Diary dates

Birmingham Classic Tennis

📅 18 June

Edgbaston Priory Club

Join the hospital charity for a great day of tennis on the first day of the Birmingham Classic at Edgbaston Priory Club, Birmingham. It promises to be a fantastic day of top-class tennis, in one of the premier pre-Wimbledon events. Watch famous tennis players in action whilst enjoying a cool drink and celebrate raising money to support patients at your local hospital. Tickets are £7 for adults, £5 for NHS staff and £4 for children. Book your tickets at

✉ justine.davy@uhb.nhs.uk for more information or hospitalcharity.org/events

NHS Big 7 Tea party

📅 5 July

This summer, the hospital charity is celebrating 70 years of the NHS by holding tea parties at each hospital on 5 July. If you're at Solihull, Heartlands, or Good Hope Hospital on the day then pop along for a cup of tea and a slice of cake to celebrate this landmark birthday. Alternatively, you can hold a tea party of your own, on the day or at any point in the coming months! Get together with your friends, family or colleagues and raise funds for the hospital charity. To get a fundraising pack complete with personalised hospital charity bunting, email

✉ charities@uhb.nhs.uk or go to nhsbig7tea.co.uk

Charity skydive

📅 8 September

Hinton Airfield, Oxfordshire

You can still sign up to take part in a Charity skydive to raise money to support patients at your local hospital! Join the hospital charity for the final skydive for this summer and take to the skies for the thrill of a lifetime. £50 secures your place on the skydive, and the Charity asks that you raise £300 in sponsorship. For more information email

✉ rob.williams@uhb.nhs.uk or go to hospitalcharity.org/events

Simplyhealth Great Birmingham Run

📅 14 October

Birmingham City Centre

Put your summer evenings to good use and train for the Second City's half marathon this October! Running for the hospital charity gets you access to running hints and tips, a snazzy running vest and pre and post-race receptions by the finish line complete with sports massage. For more information, or to sign up, head to

✉ hospitalcharity.org/events or contact rachel.learmonth@uhb.nhs.uk

New chemotherapy day unit opens at Good Hope

A new haematology and oncology day unit has opened at Good Hope Hospital following a £100,000 investment from Good Hope Hospital Charity with the support of Friends of Good Hope Hospital.

The new unit has increased the number of chemotherapy chairs at the hospital from 14 to 24, relieving pressure on the busy oncology ward.

Located in the Sheldon Unit, the new facility provides a light, bright and spacious room for patients to receive treatment and will increase the number of patients who can receive chemotherapy in a single day.

Chief Staff Nurse Mark Chambers welcomed staff and patients along to the unit for the official ribbon cutting and spoke of the difference that the unit will make: "Many of the patients that we treat here at Good Hope need supportive treatments, often alongside chemotherapy, such as blood transfusions, electrolyte treatment or bone strengthening.

"The new space will allow us to carry out these supportive treatments without holding up chemotherapy treatments on the ward. Taking the pressure off the ward will allow other patients to start their treatment earlier."

Muriel Cheetham has been a patient at Good Hope Hospital for the past 24 years, having previously worked as a midwife, and receives weekly blood transfusions at the



Muriel Cheetham cuts the ribbon at the official opening

hospital. Muriel was guest of honour at the opening of the unit, cutting the ribbon to mark the official opening.

Speaking of the new unit she said: "The new unit is fantastic, the existing oncology ward is very busy and this will help to take the pressure off them. It's a lovely space with a nice outlook and I know that my fellow patients will appreciate the space.

"The team here at Good Hope Hospital are all fantastic and I have been incredibly well

looked after over the past 24 years."

Laura Power, fundraising manager at Good Hope Hospital Charity, said: "The Charity is delighted to have been able to fund the renovation of this unit, alongside Friends of Good Hope Hospital. Thanks to the generosity of Charity supporters, we have been able to fund this new facility that will improve the quality of care on offer here at the hospital."

Donations will leave a lasting legacy

Rob Eley recently made a trip to Solihull and Heartlands Hospitals to present cheques to the hospital charity following donations made in memory of his late wife Catherine.

Catherine, who served as a police officer, was diagnosed with cervical cancer in 2011, following the birth of their son.

Catherine went on to receive brachytherapy and chemotherapy in Ward 19 at Heartlands Hospital in 2012. Following further radiotherapy and the removal of her lymph nodes, Catherine was given the all-clear. Rob is a former ice hockey player and decided to raise money to support Heartlands Hospital Charity during his testimonial year. Alongside Catherine and their friends and family, they raised £50,000 for Ward 19 which funded the Chemotherapy at Home nurses who deliver treatment to patients in the comfort of their own homes.

Sadly, Catherine's cervical cancer returned and she passed away earlier this year aged



Rob Eley hands over a cheque for Solihull Hospital Charity

39. Over 600 people attended the funeral, with the Police giving her a fitting send-off.

Donations totalling an amazing £5,200 were made at the funeral and Rob decided to split the money between the MacMillan nurses at Solihull Hospital who helped Catherine in the latter stages of her treatment, and Ward 19 at Heartlands Hospital.

Thanks to the generosity of Rob and

Catherine's friends and family, the MacMillan nurses will be purchasing two reclining chairs for patients to use at home.

Samantha Howell, fundraising manager at Solihull Hospital Charity, said: "The money that has been so kindly donated by Catherine and Rob's friends and family will make a huge difference to patients who are being treated for cancer across the West Midlands."

Sister Doreen chalks up an incredible half a century of working in the NHS

Solihull Hospital-based Sister Doreen Robinson has chalked up an incredible 50 years in the NHS.

The other staff in the Care 4 suite at the Women's Unit at Solihull threw a surprise lunchtime celebration to mark the occasion at the end of April.

They gathered to pay tribute to their popular colleague's amazing long service.

Doreen, who is the sister in charge of the suite, said: "I thought it was just supposed to be a cup of tea and a slice of cake!"

Doreen, who lives in Tamworth, started out on her nursing career as a cadet in 1968 and did her training in East Birmingham from 1969 to 1971.

She spent most of her career working at HGS sites and also worked at Marston Green before it closed.

Among her many career highlights was meeting Princess Diana when she opened the Princess of Wales Women's Unit at Heartlands Hospital while Doreen worked there in the 1990s.

It's a day she remembers well as not only did she meet the Princess but she also was reunited with a baby boy she had delivered at just 23 weeks. He was then eight-years-old and presented Diana with flowers.

Doreen, who is a mum of two and has three grandchildren, later moved to Solihull Hospital where she continues to work today – and even after half a century has no plans to retire yet.

"It's the caring for people that I enjoy most



Doreen at work at Solihull and (inset) meeting Princess Diana at Heartlands Hospital

– I've always enjoyed it."

The Care 4 suite is an outpatient clinical area that cares for gynaecology, fertility and urogynaecology patients.

Moving to the Care 4 suite gave Doreen her first managerial role. She said: "We make it a team and that's what works really well and that's one of my biggest achievements."

Doreen also won the Trust's Chief Nurse's Award in 2013 for her efforts as manager of the gynaecology outpatient department.

She was chosen for her "outstanding leadership qualities and her passion for mentoring staff, allowing them to fulfil their true potential".

And last year, Doreen completed an ILM Management and Leadership course, of which she was really proud.

Why it is good to talk about organ donation

The NHS Organ Donor Register is a personal choice but, knowing that you could save up to nine lives, what will you do. Waste or Save?

Join the NHS Organ Donor Register today and tell your loved ones – don't leave anyone in any doubt about your decision!

- 📍 www.organdonation.nhs.uk/wasteorsave/#timetosign
- 📘 www.facebook.com/nhsorgandonor
- 🐦 Twitter: @NHSOrganDonor
- 📷 Instagram: @nhsorgandonor
- 📺 www.youtube.com/user/NHSOrganDonation

Healthcare Lottery

Trust colleagues have found success in the Birmingham Healthcare 50-50 Club Staff Lottery.

The May draw saw AM Campbell of BWCH winning the £1,000 prize with Yvonne Coverson of BCHC getting the £500 prize. Two £100 prizes went to Susan McCann and Veronica Ferguson while two £50 prizes went to Victoria Daly and Jennifer Leese of UHB.

Half of the entry stakes are reclaimable as vouchers annually which in April included £580 for Love to Shop, £35 for dental charges and £40 for the National Garden Centre scheme.

To find out more about how to take part in the draws, which take place on the third Tuesday of every month, contact either your General Office or UHB General Ledger team on ext. 17337. Email 50-50Club@uhb.nhs.uk to join or claim benefits.

Life after prostate cancer patient day

A workshop is being held on June 30 in Birmingham for men who have undergone treatment for prostate cancer.

It will focus on how cancer treatment can cause problems with people's sex lives.

The event, arranged by andrology consultants at our Trust and supported by Prostate Cancer UK, will take place on 30 June at Midlands Art Centre in Cannon Hill Park from 10am to 2pm. It will be the first event of its type in Birmingham.

Although, there are many treatment options, men and clinicians sometimes find this an embarrassing topic to discuss.

This event is for all men and their partners who are interested in learning the options available in a relaxing environment with specialists in the area.

There will be a series of talks on the effects of prostate cancer treatment on sexual function and available treatment options.

To register go to www.eventbrite.co.uk/e/sex-talks-tickets-45890983166

Great response to staff wellbeing event

A staff wellbeing event at Good Hope Hospital saw a fantastic turnout with more than 150 staff popping in.

They browsed stands, had a health check and skin check, met experts from different departments and took the opportunity to have a back and shoulder massage.

They then returned to work feeling refreshed and revitalised.

Organisers thanked everyone who supported the popular event. There are further events planned at Solihull and Heartlands hospitals later in the year.

The Occupational Health and Wellbeing Service received lots of positive feedback along with some great ideas which will help shape future wellbeing initiatives such as women's health, men's health and mental health awareness.

For more information on how to enhance your wellbeing and how you can take positive action by making small changes visit www.heftlivewellworkwell.co.uk



Solihull Council's pharmaceutical needs assessment published

In January Solihull Council asked for comments on its draft Pharmaceutical Needs Assessment (PNA).

Comments have been taken into account and have helped create the recently published PNA 2018-2021, which will help ensure residents have good access to local pharmacy (chemist) services.

The document looks at the current provision of pharmaceutical services across Solihull and whether they meet the current and future needs of residents, identifying any potential gaps in services.

NHS England will use the PNA when making decisions regarding applications for new or changes to, existing pharmaceutical services. It will also be used by NHS England, Solihull Clinical Commissioning Group (CCG) and the Council to help make decisions about commissioning local pharmaceutical services.

You can read it here - <http://www.solihull.gov.uk/Portals/0/KeyStats/JSNA/Pharmaceutical-Needs-Assessment.pdf>



Recognising the talent and hard work of all of our dedicated midwives

Advice during the Ramadan period

Many staff and patients will be observing Ramadan and whilst their choice to fast must be respected it is important that plenty of fluids are encouraged. If you/they start to feel unwell, disorientated or confused, or collapse or faint, advice is to stop fasting and have a drink of water or other fluid. This is especially important for older adults, those with poorly controlled medical conditions such as low/high blood pressure, diabetes and those who are receiving dialysis. Breaking fast in such conditions is considered acceptable within the Islamic tradition. Ramadan ends on the evening of 14 June.

Wards 27 & 28 Heartlands Hospital

As of 5 May, Wards 27 & 28 at Heartlands Hospital successfully merged and will now be known as Ward 28. Ward 27 no longer exists.

The ward is an integrated 46 bedded unit specialising in infectious diseases and tropical medicine.

There was a big celebration across our Trust last month as staff came together to mark International Day of the Midwife.

International Day of the Midwife, or ICM, is a day of recognising and celebrating the hard work our midwives do all year round.

This year we challenged our talented midwives to a 'cake off' where they had to produce midwifery themed cakes for a Great British Bake Off themed competition.

At the Princess of Wales Women's Unit at Heartlands Hospital, the judges were

treated to a variety of themed cakes which included depictions of water births and nurse's uniforms. Others had photos on of some of our dedicated midwives.

Sandra Orton, Head of Operational Midwifery and one of the cake judges, said: "Our midwives have worked hard and given up their own time to produce lots of amazing homemade cakes that represent what midwives do and our team as a whole."

"ICM is a great opportunity to celebrate and recognise the team, what it is to be a midwife and demonstrate the talent and

hard work of the midwifery community." Our midwifery teams also got an extra treat on International Day of the Midwife as our hospital charity handed out boxes of chocolates to each team and ward to thank them for their hard work.

Sian Averill, Manager of Heartlands Hospital Charity, said: "We wanted to recognise the hard work our midwives do throughout the year."

"Midwives represent the start of the journey of a new life and it is important to recognise and celebrate that."

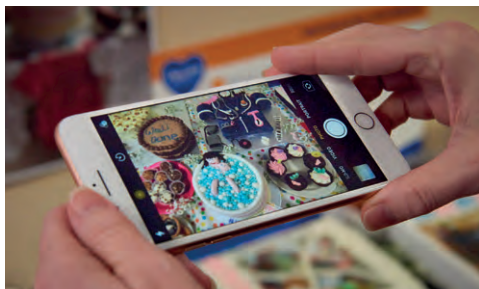




Neinita Gupta with her newborn baby



Sandra Orton, left and Margaret Garbett, right with Liz Hope and her prize winning cake



Left to right; midwife Liz Hope, student nurse Chanel Griffiths and midwife Julia Forbes



Mascot lends a hand to hand hygiene campaign



A campaign to raise awareness of the importance of hand hygiene was taken to the wards and departments at Heartlands Hospital.

The Infection Prevention and Control team – backed by Mr Mascot – did its bit to rally support for the annual World Health Organisation’s SAVE LIVES: Clean Your Hands campaign.

They took along glong boxes, agar plates and competitions for people to enter. People were asked to take part in a WiFi game with prizes for the highest scorer.

Hand hygiene is at the core of effective Infection Prevention and Control to combat antibiotic resistance, and campaigning each year on or around 5 May is one important part of improving behaviour towards IPC best practices.

One of the calls to action of the campaign this year included the message that health workers need to clean their hands at the right times, building on hand hygiene improvement efforts made up to now.

Nursing conference

Health staff from across the city joined together at the first nursing conference for staff across Heartlands, Good Hope, Queen Elizabeth and Solihull Hospitals at Birmingham City Football Club.

With a theme of working together, staff heard from our Chair, the Rt Hon Jacqui Smith, Dr Andy Cope from Art of Brilliance, Tommy Whitelaw who shared his thoughts on how we can make a difference and others.

Attendees took part in workshops, there were poster presentations and all were invited to make a pledge denoting what positive actions they would take back with them.

A full round up with photos from the event will run in the July issue of news@

BHBN's LATEST RADIO SCHEDULE

BHBN Hospital Radio broadcasts patient requests, music, news, live sport and a range of speciality programmes to NHS hospitals across Birmingham. The station, founded in 1952, is based in new studios in the Heritage Building (original Queen Elizabeth Hospital), they are on air 24 hours a day. They can also be heard via their website www.bhbn.net and the TuneInRadio app.

MONDAY

| | |
|-----|---|
| 4pm | Music from Stage and Screen – Miranda Burns |
| 5pm | Good Vibrations – Donna Joseph |
| 7pm | Hospital Request – Samantha Johnston |
| 8pm | The Evening Show – Dale Hobson |

TUESDAY

| | |
|-----|---|
| 4pm | Playing it Cool – Pete Bayliss |
| 6pm | Easy Listening – Kelly Howell |
| 7pm | Queen Elizabeth Hospital Requests – Nick Whitehouse |
| 8pm | The Evening Show – Paul Millington |

WEDNESDAY

| | |
|-----|---------------------------------|
| 4pm | The Rock Years – James Chew |
| 6pm | Words & Music – Brian Henderson |
| 7pm | Good Hope Hospital Requests |
| 8pm | The Evening Show – David Elliot |

THURSDAY

| | |
|-----|--|
| 5pm | Thursday Tea Time Show – Bill Waldron |
| 7pm | Solihull Hospital Requests – Geoff O'Brien |
| 8pm | The Evening Show – Chris Friday |

FRIDAY

| | |
|--|------------------------------------|
| 4pm | Let's Get Quizzical – Emma Boydell |
| 6pm | Pick & Mix – Brendan Delaney |
| 8pm | The Evening Show – Rhi Sprague |
| 10pm | BHBN Country – Dave Horton |
| CBSO Concerts when broadcast are on Fridays from 7pm | |

SATURDAY

| | |
|------|--|
| 7am | Weekend Breakfast – Dave Horton |
| 9am | BHBN Gold – Colin Monnaf |
| 11am | The Frock Show – Sarah Morris |
| 1pm | Queen Elizabeth Hospital Requests – Anita Shah, Michelle Woodhouse (Military Ward) (Alternate Weeks) |
| 2pm | Living up the weekend |
| 5pm | Saturday Disco – Marky B |
| 8pm | Soul Train – Peter Bayliss |
| 9pm | The Reggae Selection |

SUNDAY

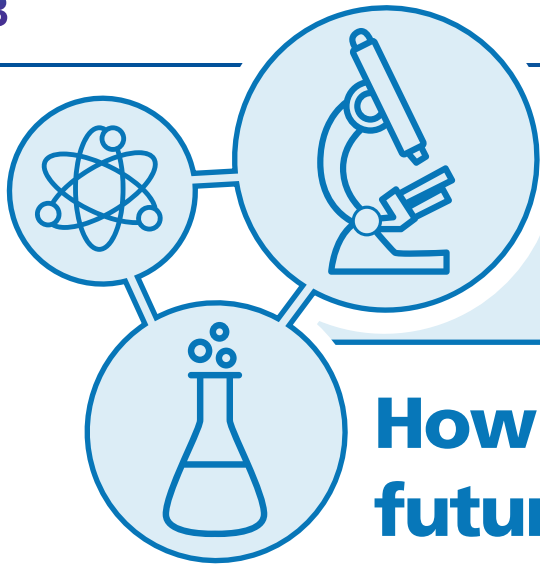
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| 8am | Laid Back Sunday – Bill Waldron |
| 10am | Kitch & Kool – Brendan Delaney |
| Noon | Mystery DJ / Music Selection |
| 1pm | The Sunday Bash – Graham Allen sponsored by Psychotron Records |
| 4pm | Hospital Requests and Duets From The Decades – Shaz Hill |
| 6pm | Asian Mix – Raveeta Banger |
| 8pm | The Evening Show – Doug Jackson |
| 10pm | BHBN Classical Collection |

ALL OTHER TIMES – THE BHBN MUSIC SELECTION – including the light lunch weekdays at 1pm and three hours of late night love songs from 11pm.

Available on channel 9 on the premier bedside units and in all parts of the hospital by logging onto the qe charity-guest wifi and following the listen live links on bhbn.net

bhbn.net

to donate:



RESEARCH NEWS

How you can play a part in the future of our research

Patients, relatives, carers and staff are being invited to play an important part in shaping our research.

Our research patient and public involvement (PPI) group, which covers Heartlands, Good Hope and Solihull hospitals, is looking for new members.

Research is an integral part of the NHS, with every Trust in England involved in research. At Heartlands, Good Hope and Solihull hospitals we have over 500 research studies currently ongoing. This means every area of the Trust is actively involved in research.

This offers novel therapies to our patients as well as providing staff the opportunity to enhance their knowledge and be at the forefront of medical developments.

As well as being involved in research studies we develop our own research and part of the process requires the expertise our patients and carers to be involved in this process.

The role of the Patient and Public Involvement (PPI) representative has enormous power to help and advise from the patient and carer perspective on research and at all stages of research – from the initial research question through to how to approach patients or let people know about the results of the research. These results ultimately change clinical practice.

Dr Sarah Pountain, research portfolio manager, said: "We actively encourage all staff members, patients, relatives and carers to help us develop new research studies – to enable us to improve the services we offer for everyone. As such here at Heartlands, Good Hope and Solihull we have a very active Clinical Research Ambassador Group

(CRAG), a group of PPI representatives with an interest in research."

CRAG is open to everyone – patients, relatives, carers, staff and the group meet every three months at a coffee morning.

This is an informal gathering where new research ideas are discussed and the group provides their thoughts and opinions on the research along with suggestions for improving it. The patient, relative and carer experience and knowledge is essential in developing research, ensuring the research is relevant and acceptable to patients.

The group ask the researchers questions, gives them their thoughts and can advise on what we should be researching.



There are no qualifications needed to become a new member, you just need to be able to provide your opinion and thoughts on how we can develop research ideas to benefit everyone using our services.

One of the group's members, Anne Deveril, has gone onto play a key role in research at a West Midlands wide level and has been asked to present at key events.

She said: "At my first meeting there were about five staff who were all part of the

research teams within the hospital and probably about six like-minded 'public' attendees. Some were patients and the remainder were, like me, just interested in finding out more.

"Over time, I discovered that the coffee mornings were the platform for the 'nuts and bolts' of public involvement to take shape. So, what happens there?"

"Research staff share their ideas, proposals, paperwork, updates and seek our comments, thoughts and participation in presentations and discussions about their work. It is a genuine opportunity to co-produce the shaping of current and future research studies for a couple of hours every couple of months.

"What do we think? 'Is the proposal readable?' 'Will it have benefits for patients?' 'Are there too many acronyms?' 'Do we want to assist in the application?' 'Can we email you further paperwork to check over and pass comment upon?' The opportunities were almost endless... and there was really no pressure or expectation to commit to anything at all.

"Being part of CRAG is a great privilege. We should be proud of the fact that we have such a great resource on our doorstep and I'd recommend that you should all consider at least checking out the CRAG coffee mornings or attending the annual event in the summer."

If you would like more information you can contact the group at crag@heartofengland.nhs.uk or on 0121 424 42966

✉ <http://www.heartofengland.nhs.uk/research/patient-public-involvement-ppi-crag-2/>

Home dialysis roadshow a great success

Dozens of people attended a popular roadshow aimed at kidney patients and their families.

Organised by our renal team over four days in April, the event gave people the chance to see the benefits of home dialysis in action.

A mobile unit toured our renal units at Heartlands Hospital and Solihull Hospital, the Castle Vale Renal Unit and the Runcorn Road Dialysis Unit.

The Mayor of Solihull, Councillor Stuart Davis attended the Solihull event and officially opened it by cutting a ribbon.

Consultant in Renal Medicine Jyoti

Baharani said: "The home dialysis roadshows are always very popular with the public and this was no exception. We're very grateful to the Mayor for agreeing to support the event by officially opening it.

"We've had a lot of interest from patients and their families about home dialysis.

"Home dialysis affords patients best outcomes and in some situations can be just as good as having a kidney transplant. Many patients however don't feel they can manage dialysis at home and we hope that these roadshows will empower patients to consider this form of treatment."



Consultant Jyoti Baharani, left and team

The Trust teamed up with medical technology companies NxStage, Kidney UK, and Baxter Healthcare for the event.

Fundraising lunch with rock star Tony Iommi raises £24,000 for new chemotherapy unit at Solihull

Heavy metal legend Tony Iommi hosted a special fundraising lunch which generated more than £24,000 for the new Solihull Haematology and Oncology Day Unit.

About 150 guests were treated to a three course meal at Opus Restaurant in Birmingham, followed by a talk between Tony and journalist and broadcaster Gary Newbon about the rock star's life and career with Black Sabbath.

The afternoon was completed with a raffle, where signed Black Sabbath merchandise was up for grabs.

The lunch was organised especially to raise money for Solihull Hospital Charity and Heartlands Hospital Charity's fundraising appeal to support the new chemotherapy unit at Solihull Hospital.

The hospital charity is raising £150,000 to support the new centre at Solihull Hospital.

The centre, which has just welcomed its first patients, is an extension of Heartlands Hospital's Ward 19, and will provide chemotherapy day care to low-risk patients.

This will help to take the pressure off Ward 19, whilst providing a calm and relaxing environment for patients.

Tony recently became patron of Ward 19, and was keen to support the hospital charity after his friend and Black Sabbath band member Geoff Nicholls was treated at Heartlands Hospital.

Speaking after the fundraising lunch, Tony said: "I am delighted that we managed to raise over £24,000 at the lunch. It was a fantastic afternoon and the money raised will help to improve cancer services across the West Midlands. I am very proud to

be Patron of Ward 19 and I look forward to seeing the new cancer centre when it opens."

Justine Davy, head of fundraising for the hospital charity, said: "The Charity is incredibly grateful to Tony for his fantastic support. The lunch was a great success and it was wonderful to hear so many interesting stories about Tony's life and career whilst raising money to support patients with cancer across the West Midlands.

"The money that has been raised will help the Charity to reach the goal of raising £150,000 to support the new cancer centre at Solihull Hospital. The centre will be a state of the art facility, with up to 31 new chemotherapy spaces, increasing the number of patients that can be seen by up to 170%."

To find out more about the Charity's chemotherapy unit appeal visit hospitalcharity.org/cancercentre.

If you'd like more information about how Solihull Hospital Charity supports patients, please go to www.solihullhospital.org.uk or call 0121 371 4852.



Inspiring speed learning event is perfect therapy

The therapies department staged a fun, inspiring and motivational speed learning event at Heartlands Hospital.

In an innovative and refreshing approach to learning, expert presenters had six minutes to make a pitch and get their message across to an expectant and receptive therapy workforce before they moved on to the next presenter.

There was a buzz of excitement and passion about the topics around the room which challenged our therapy staff to "move, shake and innovate".

The 'Café Conversations' event, which took place at Heartlands Hospital's physiotherapy department, was warmly received by all who attended.

Staff attending had the chance to chat with experts about topics such as 'Presenting research', 'Resilience and sleep hygiene' and 'Working in collaboration'.



Therapies staff enjoyed the speed learning session at Heartlands Hospital

Hayley's brilliant London Marathon

Hayley Carruthers, a Trust research radiographer, recently finished as the fourth overall woman at the London Marathon.

Hayley, who only started running in recent years, was also the second fastest British woman, finishing in a time of 2:47.47.

Hayley's first competitive race was the Manchester marathon in April 2017.

Hayley, who lives in Walsall, has also worked at UHB for the last two years in radiotherapy research.

End-of-life Care Champions



A new quality initiative is now available for acute trust nurses interested in becoming an 'End-of-life Care Champion'.

It's all thanks to the efforts of palliative care clinical nurse specialists Mary Abbott and Vicki Brinkworth (pictured), who have worked hard to get the initiative up and running.

Mary and Vicki identified a demand for support and training in end-of-life care so developed the 'End of Life Care Champion' role to support nurses interested in learning more about this area.

Champions will be supported by identified members of the palliative care team with training via structured classroom based teaching, reflective sessions and ward based support. They will then use this enhanced knowledge within their wards and clinical areas to improve the quality of end of life care provided.

The initial two day training covers key areas including advance care planning.

If you are interested in becoming an 'End of Life Care Champion', you can book onto the course via Easylearning.

Groups offer help: Patients, families and staff can turn to support from a range of groups at the Trust

ALOPECIA

Impartial information and mutual support to cope with hair loss
 ☎ Jenny: 07760 95885, 0121 440 5794.
 ✉ jen@araucaria.demon.co.uk
 🌐 www.alopeciaonline.org.uk

ANN CONROY TRUST

Support/education for patients living with Syringomyelia & Chiari malformation.
 🌐 www.annconroytrust.org
 ☎ 0300 111 0004

BECHET'S SYNDROME SOCIETY

☎ 0845 130 7329 ✉ info@bechetsdisease.org.uk.
 🌐 www.bechets.org.uk
 ☎ Birmingham contact: 07886 304018
 ✉ anishaz@hotmail.co.uk

BIRMINGHAM AND DISTRICT TINNITUS GROUP

Practical support and advice for sufferers including group sessions and newsletters c/o Birmingham Institute for the Deaf, Ladywood Road, Edgbaston, Birmingham, B16 8SZ. ☎ Eileen: 01384 831032
 ✉ info@tinnitusbham.org.uk

BREATHE EASY – THE SUPPORT NETWORK OF THE BRITISH LUNG FOUNDATION

For everyone living with lung disease. Birmingham South Group meets monthly at Moseley Hall Hospital 2–4pm ☎ 03000 030 555
 🌐 www.blf.org.uk

BRITISH ACOUSTIC NEUROMA ASSOCIATION (BANA)

BANA's friendly West Midlands Group meet 3 or 4 times a year for mutual support, information exchange and to hear talks by specialist guests.
 ✉ admin@bana-uk.com ☎ 01246 550 011
 🌐 www.bana-uk.com

BRITISH SJÖGREN'S SYNDROME ASSOCIATION

Support group for sufferers of the auto-immune rheumatic disease.
 ☎ 0121 478 0222 ✉ office@bssa.uk.net
 ✉ BSSA, PO Box 15040, Birmingham B31 9DP

BUSY Bs

Support group for people with stomas and bowel disease.
 ☎ 0121 627 8343.

COCAINE ANONYMOUS

We have a meeting in Birmingham and Solihull each week, or visit our website for more information:
 🌐 cauk.org.uk "Meets at William Booth Centre Tuesday 7.30pm–8.30pm B4 6HA and at Hobs Moat United Reform Wednesday Solihull 8.00pm - 9.00pm B92 8SD

CYSTITIS & OVERACTIVE BLADDER FOUNDATION

☎ Advice line: 0121 702 0820
 ✉ info@cobfoundation.org
 🌐 www.cobfoundation.org

DIABETES UK

Regular support group meetings in King's Heath for people with diabetes, family members and friends.
 🌐 www.diabetes.org.uk/In_Your_Area/Midlands and follow link to Birmingham
 ✉ janet.davenport@gmail.com

DIGNITY IN CARE SUPPORT GROUP

The group run the Memory Lane Café for patients with cognitive impairment and their carers. Café is open Wednesday afternoons.
 ✉ memorylanecafe@uhb.nhs.uk
 🌐 www.dignityincare.org.uk

D.I.S.C (DEMENTIA INFORMATION & SUPPORT FOR CARERS)

A service offered specifically for CARERS of people with confusion and memory (DEMENTIA) problems. ☎ 0121 553 6483
 ✉ carers@discbirmingham.co.uk
 🌐 www.discbirmingham.co.uk

FACIAL PALSY UK

Facial Palsy UK have launched a Midlands support group for any adult affected by facial paralysis, whatever the cause.
 ✉ lorraine@facialpalsy.org.uk ☎ 0300 030 9333

GET-A-HEAD

Fundraising and support group for patients who have had head and neck cancer. ☎ 0121 371 5046
 🌐 www.getahead.org.uk

GROWN-UP CONGENITAL HEART PATIENTS' ASSOCIATION

Supports young people and adults born with a heart condition.
 ☎ 0800 854 759.

HEADSTART BIRMINGHAM

Aneurysm and Arteriovenous Malformation Support Group.
 Meetings are held on the first Friday of the month 7pm–9pm. Seminar room in outpatients department at QEHB.
 ✉ Patricia.Hewlett@uhb.nhs.uk ☎ 0121 459 7147

HAEMATOLOGY SUPPORT GROUP

Meeting at the Centre for Clinical Haematology on a monthly basis for information, social events, friendship and mutual support.
 ☎ 07766 875111 ✉ Haematologys@yahoo.co.uk.

HAEMOCHROMATOSIS WEST MIDLANDS SUPPORT GROUP

Offering support and raising awareness for this generic iron overload condition.
 ☎ 03030 401102
 ✉ helpline@haemochromatosis.org.uk

HOME FROM HOSPITAL CARE

Free support to Birmingham patients on discharge from hospital including information, shopping, befriending and respite care.
 ☎ 0121 472 4499.

INSULIN DEPENDENT DIABETES TRUST

Listening to people with diabetes and their carers.
 ☎ 01604 622 837
 ✉ enquiries@iddinternational.org
 🌐 www.iddinternational.org

KIDNEY PATIENTS' ASSOCIATION

Runs local groups across the West Midlands.
 ☎ 01922 644 982
 ✉ nick.flint@live.com 🌐 www.kidneymatters.co.uk

LARYNGECTOMY SUPPORT GROUP

Meets monthly at British Legion social club, Quarry Lane, Northfield.
 A patient led group. Organised speakers at each session.
 ☎ 0121 627 2360 or 0121 627 2248.

LET'S FACE IT

Support group for people with any form of facial disfigurement
 ☎ 01843 833 724.

LOOKING FORWARD – GYNAE-ONCOLOGY SUPPORT GROUP

Support group for those with a diagnosis of gynaecological cancer. Meets monthly at City Hospital.
 ✉ Catherine.Spencer@uhb.nhs.uk ☎ 0121 507 5511

MILITARY PATIENTS

Military patients will be visited by a representative from the Royal Centre for Defence Medicine (RCMD) who will attend to their administrative, welfare, pastoral and spiritual needs.

NATIONAL RHEUMATOID ARTHRITIS ASSOCIATION

☎ Birmingham: www.brasg.org.uk
 ☎ National: www.nras.org.uk
 ☎ Heart of England group: 01628 823 524

OE SOPHAGEAL PATIENTS ASSOCIATION (OPA)

National charity offering support and information to patients and carers affected by oesophageal and stomach cancers. Birmingham group hosts two meetings per year.
 ☎ 0121 704 9860 ✉ enquiries@opa.org.uk
 🌐 www.opa.org.uk

PAIN FATIGUE SUPPORT

Meets first Thursday of the month. Noon to 2pm, Erdington Methodist Church. ☎ 0300 330 0640
 ✉ painfatiguesupport@hotmail.co.uk.

PATIENTS' READING GROUP

Meets Tuesdays, Weoley Castle Library. 2pm–3.30pm.
 ☎ To book: 0121 464 1664.

PITUITARY FOUNDATION

This group for patients, carers and friends meets at Queen Elizabeth Hospital Birmingham. For details of the dates of the meetings please visit our website
 ☎ birminghampituitarygroup.weebly.com
 ☎ 0845 450 0375

QE LIVER TRANSPLANT SUPPORT GROUP

The group meets at 7.30pm on the 3rd Monday of every month (except July and August) in the Faith Centre, Meeting Room level 1, QEHB.
 ☎ 0121 627 2089 or 01902 679 333 (after 7:30pm).

ROY CASTLE LUNG CANCER SUPPORT GROUP

Held 1st Tuesday of every month, Birmingham Heartlands Hospital.
 ☎ 0121 424 1433 🌐 Lynne Reaper.

THE NATIONAL OSTEOPOROSIS SOCIETY

The National Osteoporosis Society runs a local support group based in Birmingham. ☎ 0121 429 7366
 🌐 www.nos.org.uk

THE STROKE ASSOCIATION

Supporting people affected by stroke. ☎ 0303 303 3100 (Mon–Fri, 9am–5pm) ✉ info@stroke.org.uk
 🌐 www.stroke.org.uk

TRACHEOTOMY SUPPORT

New group for patients following tracheotomy.
 ☎ 0121 627 2248.

VASCULITIS SUPPORT GROUP WEST MIDLANDS (VSGWM)

For sufferers of Systemic Vasculitis (e.g. Wegener's granulomatosis) as well as support for carers. The VSGWM circulates useful information and ideas, with friendly meetings held at least once a year.
 ☎ 0121 243 5621.

WEST MIDLANDS BRAIN TUMOUR SUPPORT GROUP

Meets in the Faith and Community Centre, first floor, QEHB on third Monday of the month, noon to 2pm.
 ☎ Sue Wreglesworth: 0771 7175 236
 ✉ sue.wreglesworth@braintumouruk.org.uk

WILSON'S DISEASE SUPPORT GROUP – UK

National charitable group offering support and information to patients with Wilson's disease and their families. For information and local support contact
 ✉ jerry@wilsonsdisease.org.uk
 🌐 www.wilsonsdisease.org.uk

YOUNG ADULTS CANCER SUPPORT GROUP

Is run by a group of young adult cancer patients to offer support for people who have similar needs. No strict age limit but current members in their 20s–40s. Meetings usually held last Wednesday of month at The Plough, Harborne.
 ☎ Vicky Stock: 0784 589 7760
 ✉ stock.vicky@yahoo.co.uk

Steps have been taken to ensure this information is up to date, but please contact the group directly before undertaking a journey.

Support group coordinators can email revisions to their entry to: communications@heartofengland.nhs.uk Please mark the email – support group revision.

puzzle drome Your monthly puzzle challenge

No. 3628

CROSS CODE

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 2 | 19 | 19 | 18 | 21 | 12 | 21 | 18 | 23 | 6 | 2 | 22 | |
| 24 | | 2 | | 17 | | 18 | | 17 | | 2 | 18 | |
| 4 | 17 | 20 | 7 | 26 | 18 | 24 | | 5 | 12 | 20 | 18 | 14 |
| | | 12 | | 24 | | 24 | | 18 | | 26 | | 20 |
| 18 | 2 | 4 | 8 | | 11 | 17 | 24 | | 4 | 2 | 11 | 18 |
| 16 | | | | 22 | 12 | 24 | 18 | 14 | | 24 | | 23 |
| 21 | 18 | 20 | 14 | 18 | 24 | | 19 | 24 | 2 | 25 | 18 | 14 |
| 18 | | 17 | | 3 | 18 | 13 | 13 | 25 | | | | 2 |
| 20 | 2 | 12 | 13 | | 14 | 2 | 25 | | 13 | 2 | 10 | 25 |
| 23 | | 23 | | 21 | | 3 | | 11 | | 13 | | |
| 12 | 24 | 12 | 23 | 8 | | 17 | 19 | 18 | 20 | 12 | 20 | 15 |
| 9 | | 18 | | 26 | | 26 | | 24 | | 1 | | 2 |
| 18 | 2 | 24 | | 23 | 21 | 24 | 2 | 20 | 15 | 18 | 24 | 23 |

ABCDEFGHIJKLMNOPQRSTUVWXYZ

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|----|----|----|----|----|----|----|----|----|----|----|----|----|
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |

EACH number in our Cross Code grid represents a different letter of the alphabet. You have three letters in the control grid to start you off. Enter them in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares.

As you get the letters, fill in other squares with the same number in the main grid and control grid. Check off the alphabetical list of letters as you identify them.

MAGIC SQUARE

DESIGNED A BIG CASE

USING all 16 letters of the phrase above, form four words each of four letters which will fit in the grid to form a magic square in which the words can be read both horizontally and vertically.

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Quiz Challenge

- Which record company signed the Rolling Stones in 1963, having just rejected the Beatles?
- In which of Jane Austen's novels is Anne Elliot a character?
- In which Radio 4 game show is actress Sheila Hancock a frequent competitor?
- In which sea battle was HMS Vanguard Nelson's flagship?
- What is the occupation of members of the Teamsters' Union in the United States?
- What name was given to the bomb shelters built in people's gardens during the Second World War?
- Which flightless bird occupies a breeding colony called a rookery?
- Which official weekly paper lists company liquidations and bankruptcies?
- Comedian Seth Rogen played an unlikely romantic lead opposite Katherine Heigl in which 2007 hit film?
- Of which ocean are the Red Sea and the Persian Gulf arms?

NONAGRAM

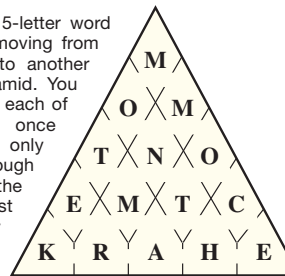
| | | |
|---|---|---|
| R | U | N |
| N | G | E |
| C | O | T |

HOW many words of four letters or more can you make from this Nonagram? Each word must use the central letter, and each letter may be used only once. At least one word using all nine letters can be found.

Guidelines:
15 Good; 17 Very Good; 20 Excellent.
Any word found in the Concise Oxford Dictionary (Tenth Edition) is eligible with the following exceptions: proper nouns; plural nouns, pronouns and possessives; third person singular verbs; hyphenated words; contractions and abbreviations; vulgar slang words; variant spellings of the same word (where another variant is also eligible).

WORD PYRAMID

SPELL out a 15-letter word or phrase by moving from one chamber to another within the pyramid. You may only enter each of the chambers once and may only proceed through openings in the walls. The first letter may appear in any chamber.



FIVE ALIVE

| | | | | |
|----|----|----|----|----|
| SP | LH | UI | FC | KT |
| CA | | NL | | WO |
| NR | IA | NT | RG | OE |
| UT | | RE | | EK |
| OB | OV | RA | ER | YD |

HERE are two miniature five-square crosswords using the same grid - but the letters have been mixed up. You have to work out which letters belong to which crossword.

CRYPTIC CROSSWORD

| | | | | | | |
|----|----|---|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
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| 9 | | | | 10 | | |
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| 11 | 12 | | | 13 | 14 | |
| | | | | 15 | | |
| 16 | | | 17 | | 18 | 19 |
| | | | | | | |
| 20 | | | | | | 21 |
| | | | | | | |
| 22 | | | 23 | | | |

ACROSS

- Youth takes only a second multiplying by three (9)
- Pa's turned the spring (3)
- Get out of top gear when entering the house perhaps (6,4,3)
- Beats rebellious animal (5)
- Dressed for a race, then ride off (7)
- Carole confused by divine agency (6)
- Turn up with new mesh for the basket (6)
- Put out of order, called in the banker (7)
- Spiked shoe? (5)
- Helpful in providing room (13)
- Fashion of the century (3)
- Celandine bursts forth - it happens every ten years (9)

DOWN

- Desired to include the gentleman (3)
- Spirited bachelor has a dance (5)
- Forming a revolutionary centre (7)
- I therefore exclude line on a map (6)
- Strong wind engulfed English visitor (5)
- Has moved and initially fled from the desert (7)
- Attended a 9 Down that occurred at an earlier time (9)
- Widely dispersed by radio? (9)
- Kenyan perhaps able to follow fair around (7)
- Forget terrible lean run (7)
- Brave man with enormous bird I caught (6)
- No crazy wanderer (5)
- Pepper said to be from the country (5)
- Young lady legally included (3)

QUICK CROSSWORD

| | | | | | | | |
|----|----|---|---|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | | |
| 8 | | | | | | | |
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| 10 | | | | 11 | 12 | 13 | |
| | | | | 14 | | 15 | |
| 16 | 17 | | | | 18 | | |
| | | | | 19 | 20 | | |
| 21 | | | | 22 | | 23 | 24 |
| | | | | 25 | | 26 | |
| 27 | | | | 28 | | | 29 |
| | | | | | | | |
| 30 | | | | 31 | | | |

ACROSS

- Pruning shears (9)
- Bread roll (3)
- Living room (7)
- Astound (5)
- Demonstrate (4)
- Opening (3)
- Atmosphere (4)
- Imposing display (5)
- Steal cattle (6)
- Recount (6)
- Gasps (5)
- Harvest (4)

DOWN

- Scottish river (3)
- Condiment (4)
- Claus (5)
- Law (7)
- Knight's title (3)
- Declaration (9)
- Drink in small quantities (3)
- Freight (5)
- Horse's gait (4)
- Turnult (6)
- Exchange (4)
- Brilliant display (7)
- Widespread (9)
- Unexpected events (9)
- Large (5)
- Social gathering (5)
- Swiss mountain (3)
- Affirmative (3)
- Wrench (7)
- Feeling of sickness (6)
- Maltreat (5)
- Male voice (4)
- Decline (4)
- Newt (3)

SUDOKU

Easy EACH row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box. Hard

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|---|---|---|---|---|---|---|---|---|
| | | 8 | | | 2 | | | |
| | | | 3 | | 6 | 5 | 1 | |
| | 4 | | | 5 | | 9 | | |
| 5 | | 4 | 7 | | 3 | 2 | | 9 |
| 8 | | 1 | 4 | | 5 | 7 | | |
| | 3 | | | | 9 | 1 | | |
| 9 | | 7 | | 6 | | 8 | | |
| | | 3 | 2 | | 8 | | | |
| 4 | 5 | 1 | | 7 | | 9 | | |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | 9 | 3 | 4 | 7 | |
| | | | | | | | | 6 |
| 6 | 5 | | | 2 | | 9 | | |
| | 9 | | | | 6 | | | |
| | | 3 | 7 | | | | 6 | |
| | | | | | | | 1 | |
| | 1 | | | | | | 5 | |
| | | | 3 | 8 | 4 | | | |
| 3 | 8 | 2 | | 5 | 7 | | | |

EQUALISER

| | |
|----|---|
| 4 | 3 |
| 6 | 3 |
| 3 | 3 |
| 4 | 3 |
| 10 | 1 |

PLACE the four signs (add, subtract, multiply, divide) one in each circle so that the total of each across and down line is the same. Perform the first calculation in each line first and ignore the mathematical law which says you should always perform division and multiplication before addition and subtraction.

All puzzles on this page are supplied by Sirius Media Services. To try more of our puzzles interactively online go to www.puzzledrome.com

PREVIOUS SOLUTIONS

QUIZ CHALLENGE: 1 The scallop; 2 Billiards; 3 To remove the horns; 4 Pony; 5 Ash Wednesday; 6 On a graph; 7 The Icknield Way; 8 Justin Bieber; 9 Tomato; 10 Fish.

CROSS CODE

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | W | U | L | K | F | P | E | D | C | X | O | N |
| I | T | H | R | Z | G | V | A | J | B | Y | Q | S |

EASY SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 3 | 5 | 2 | 6 | 4 | 8 | 9 | 1 |
| 6 | 8 | 2 | 3 | 9 | 1 | 5 | 7 | 4 |
| 1 | 9 | 4 | 8 | 5 | 7 | 3 | 2 | 6 |
| 2 | 4 | 9 | 7 | 3 | 8 | 1 | 6 | 5 |
| 5 | 1 | 8 | 6 | 2 | 9 | 7 | 4 | 3 |
| 3 | 6 | 7 | 4 | 1 | 5 | 2 | 8 | 9 |
| 4 | 5 | 1 | 9 | 7 | 2 | 6 | 3 | 8 |
| 9 | 7 | 3 | 5 | 8 | 6 | 4 | 1 | 2 |
| 8 | 2 | 6 | 1 | 4 | 3 | 9 | 5 | 7 |

HARD SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 5 | 3 | 4 | 2 | 7 | 9 | 8 | 6 |
| 8 | 2 | 4 | 5 | 9 | 6 | 1 | 3 | 7 |
| 6 | 7 | 9 | 8 | 3 | 1 | 5 | 4 | 2 |
| 3 | 4 | 6 | 2 | 1 | 9 | 8 | 7 | 5 |
| 2 | 9 | 7 | 3 | 8 | 5 | 4 | 6 | 1 |
| 5 | 1 | 8 | 7 | 6 | 4 | 3 | 2 | 9 |
| 4 | 6 | 2 | 1 | 5 | 8 | 7 | 9 | 3 |
| 9 | 8 | 1 | 6 | 7 | 3 | 2 | 5 | 4 |
| 7 | 3 | 5 | 9 | 4 | 2 | 6 | 1 | 8 |

MAGIC SQUARE:

paid; also; isle; does.

WORD PYRAMID:

Jack of all trades.

EQUALISER:

Clockwise from top left - divide; multiply; subtract; add. Total: 8.

CRYPTIC CROSSWORD:

Across - 1 Teaspoon; 6 Bard; 8 Bend; 9 Titance; 10 Fellow feeling; 11 Brad; 13 Seat; 17 Orchestration; 20 Kindness; 21 Earn; 22 Myra; 23 Dragster.

Down - 2 Eleven; 3 Saddler; 4 On tow; 5 Nutters; 6 Banal; 7 Resent; 12 Descend; 14 Actress; 15 Brainy; 16 Course; 18 Hydra; 19 Risca.

QUICK CROSSWORD:

Across - 1 Straight; 5 Thud; 7 Eccentric; 9 Mash; 10 Lava; 11 Aster; 14 Swarm; 15 Inert; 16 Acton; 17 Atlas; 18 Stair; 19 Serge; 22 Cosy; 24 Heal; 26 Handlebar; 27 Open; 28 Rational.

Down - 1 Slam; 2 Arch; 3 Guess; 4 Tithe; 5 Toil; 6 Disaster; 7 Establish; 8 Caretaker; 11 Amass; 12 Tutor; 13 Rinse; 14 Staccato; 20 Eider; 21 Greet; 23 Yarn; 24 Halo; 25 Lull.

FIVE ALIVE:

- (1) Across - Loyal; Pukka; Risky.
Down - Leper; Yokes; Leaky.
(2) Across - Datum; Index; Tells.
Down - Drift; Tidal; Mixes.

NONAGRAM:

afar; afared; BAREFACED; beef; cafard; café; carafe; deaf; deafe; deface; defacer; defer; facade; face; faced; facer; fade; fader; farad; farce; fare; fared; fear; feared; feed; frae; free; freed; reef; reface.

| Department | Level |
|-----------------------------|-------|
| Accident & Emergency | G |
| AMU | G |
| Day Case Unit | G |
| Education Centre | G |
| Haematology | G |
| Occupational Health | |
| Ophthalmology | 1 |
| Orchard Restaurant | G |
| Partnership Learning Centre | G,1,2 |
| Pharmacy | G |
| Rehab Centre | G |
| Sheldon Unit | |
| Treatment Centre | G |
| Trust Headquarters | G |
| Wards 1 to 6 | |
| Wards 7 to 12 | |
| Wards 14 to 17 | |
| Wards 18 to 20 | |
| Wards 21 to 24 | |
| Wards 26 & 27 | |



| Key to symbols | | |
|----------------|-------------------------------|--|
| | P Car park | |
| | P Disabled car park | |
| | P Car park info hut | |
| | P Car park pay machine | |