

# Heart & Soul

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Winter 2015

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new unit

Why adding D  
to your diet is  
delightful

Volunteer marks  
momentous birthday  
occasion

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## Sweeping the boards with awards

Teams across the Trust have been recognised for their outstanding achievements. The thoracic team were awarded the Healthcare Quality Improvement Partnership (HQIP) Quality Improvement Award in the effective dissemination of information category. Judges were impressed with the successful use of a DVD and mobile phone 'app' produced by the team for lung cancer patients who have had surgery to use as part of their rehabilitation programme.

An innovative Trust partnership with two local councils was also recognised for its achievements in supporting patients with a prestigious national award. The Supported Integrated Discharge (SID) team at Heartlands Hospital and Solihull Hospital works with Birmingham City Council and Solihull Council to help ease the transition from hospital back into the home for frail elderly patients seeking treatment for acute illnesses.

Its excellent success since its introduction in 2012 was recognised at the Health Service Journal (HSJ) Awards 2014 where the partnership won in the Secondary Care Service Redesign category.

As a result of introducing the programme, patients return home sooner and have a better overall experience.

# Get in touch

We welcome your feedback on all of our HEFT services. Contact:



0121 424 0808  
(Mon-Fri 9am-5pm)



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# New stroke unit opens its doors

The official opening of a brand new state-of-the-art specialist stroke unit at Heartlands Hospital marked a significant day for stroke services in the West Midlands.

The Hyper Acute Stroke Unit was opened during a ribbon cutting ceremony by the chairman of the Trust, Les Lawrence, and other officials and saw its first patient through the doors only days later.

Margaret Worrall was pleased to be treated for a stroke on the purpose built new unit when she was rushed to the Hospital. She was soon up and

about, walking on her own with the assistance of a walking frame. She said: "It's a pleasure coming into a place like this. The first impression is that it is a modern place and that gives you confidence. I felt honoured and proud to be the first patient on the unit."

Deputy medical director - strategy and transformation, Professor

Matthew Cooke explained what having this unit will mean for patients: "A HASU provides specialist stroke care in the first 72 hours after the stroke. Taking patients back to the Acute Stroke unit (ASU) at their local hospital will be a key part of our new process, allowing the service to work smoothly and patients to be given the best care possible."

# Asthma patient is ready to race despite the odds

**The new year is a time when many of us make resolutions to get fitter and healthier. Asthma patient, Katrina Harris had more of a challenge to reach this goal.**

Katrina has gone from barely being able to walk, to completing her first half marathon in September 2014 since starting treatment two years ago at Heartlands Hospital for severe Asthma. The severe and brittle asthma unit is a supra regional centre attracting referrals from across the UK.

The 45-year old travels from Somerset to Heartlands once every three months for treatment. She said: "I had problems with my breathing as a child and it got worse and worse. It changed for the worse in 2009 when I got flu. Two years ago it was so bad I couldn't walk; I was in a hell of a state and almost gave up hope. I was out of breath and kept getting infections.

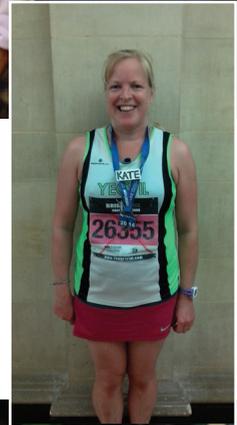




"I started medication and physiotherapy four times a day. I also joined a gym and started to swim. At first I could only do two lengths of the pool, now I can do 70. I started running with my partner to show my sons, who also have asthma, that whatever you have got, you can work with it and don't take no for an answer. It was a slow start but I now have better lung capacity, I don't get as many infections and my lungs are clearer. I recently did my first half marathon in 3hrs 20, and I haven't looked back. My partner and I ran across the finishing line with our hands held high; it was quite romantic."

Respiratory medicine consultant, Dr Mansur said: "Katrina is a great example to patients that anything can be achieved with good management of their condition. This is fantastic news; the team are all delighted to hear how well Katrina is doing."

The severe and brittle asthma unit is a supra regional centre attracting referrals from across the UK. Visit: [www.heartofengland.nhs.uk/respiratory-medicine](http://www.heartofengland.nhs.uk/respiratory-medicine)





## Babies flourish on new Blossom Unit

Mums and their babies are benefitting from a new unit at Heartlands Hospital, just one of the areas of work completed as part of Project Pelican, which is dedicated to transforming our women's and children's services.

The Blossom Transitional Care Unit has been designed to provide care for babies that are well but require some extra support with for example, extra observations or antibiotics. The team of neonatal nurses and

midwives on the unit are also on hand to help mums care for their babies. This reduces any unnecessary separation of mums, improving the experience and quality of care they receive.

Over 100 babies have been on the unit since it opened its doors earlier this year, including Claire Worrall and daughter, Poppy Worrall-Bhasin who were among the first patients on the unit. Claire said: "The Blossom unit was a nice, quiet and relaxed

unit. There was plenty of staff on standby from the neonatal unit due to Poppy being a premature baby. She had been in critical care with lots of machines wired to her. I benefited from staying there and getting the support and reassurance that I was doing everything right."

**For further information about Blossom unit or any other aspects of Project Pelican email: [projectpelican@heartofengland.nhs.uk](mailto:projectpelican@heartofengland.nhs.uk)**

# Switched on to solar power

The future is bright for Good Hope, as solar panels will be installed at the Hospital which will generate enough electricity to supply the typical annual electricity demand of 24 houses for a year. Investment in energy savings will also be made through installing a combined heat and power (CHP) unit which will reduce the Hospital's carbon emissions by 2,692 tonnes a year, saving the equivalent carbon dioxide of around 141,000 passengers flying to Paris.



## Make our Hospitals a bug free zone



The cold weather becomes a breeding ground for winter vomiting bugs, colds and flu which can often make people, particularly the vulnerable, very sick. If you have suffered from sickness, diarrhoea, a cold or flu please do not come in to visit anyone on the Hospital wards until 48 hours after your last symptom. You will still be highly contagious and can pass your germs on to poorly patients.

## Marvellous Minnie's momentous birthday



An extraordinary hospital volunteer who worked as a nurse at Solihull Hospital site during the Second World War enjoyed a surprise tea party from friends and colleagues to mark her 100th birthday.

Millie Skinner has volunteered at the Hospital ever since

the Friends of Solihull Hospital (FOSH) was founded 61 years ago and has helped the group raise around £1 million in that time. She still attends monthly committee meetings and is as passionate as ever about Solihull Hospital and healthcare in the town.

It has also been announced that the new discharge hub at Solihull Hospital will be known as the 'Millie Skinner Transfer Hub' in her honour.



'If it could happen to Steve, it could happen to anybody'

**Coronation Street's Steve was so determined to keep his depression diagnosis a secret, he even put his relationship with Michelle on the line. Actors Simon Gregson and Kym Marsh talk about why they're so proud of the poignant storyline.**

Steve McDonald has been Coronation Street's affable goofball for so long that actor Simon Gregson admits he had reservations when he first found out his character was set to develop depression.

"I first found out a few months before," recalls the 40-year-old. "Our producer called me to one side and let me know about it. My

first thoughts were, 'Hmm, have you chosen the right guy for the job?' because of the kind of comedy element and the silliness that Steve brings to the show."

But it wasn't long before Gregson realised it was a brilliant move. "If it could happen to Steve, it could happen to anybody," he says.

Poignantly, the scene in

which Steve is told he has depression was shot on the day the news broke that Hollywood star Robin Williams had killed himself.

"It was a bit like, 'Wow, crikey, Robin Williams'. He was an unbelievably funny man, a genius," says Gregson.

As audiences have seen, Steve grew increasingly distant from his family and

friends, and acted in an ever-more erratic manner, failing to show up for work and making rash decisions, including the purchase of a sports car and “a ridiculous Christmas” he laid on for his daughter Amy. But unlike viewers, his partner Michelle had no idea what was going on.

“She thinks he’s an idiot, but he’s her idiot. That’s why she loves him, but she can’t understand why he’s changed so much. He’s a shadow of himself,” explains actress Kym Marsh, who joined the soap as Michelle in 2006.

“He’s not talking to her, and every time they get a minute together, he disappears. She thinks he doesn’t love her any more.”

Things come to a head for the couple when she suggests they get away for the weekend - Steve’s reluctant so Michelle gives him an ultimatum: tell her what’s going on, or it’s over. Although his doctor’s diagnosed the depression, Steve remains in denial.

“Basically, he’s not telling anybody what he’s going through. He seems embarrassed, he won’t even admit it to himself, let alone to his nearest and dearest. He pushes Michelle away really,” explains Gregson.

“I think he’s frightened of the whole thing. It’s a big label to put on somebody, so his initial reaction is, ‘I’ve just got a lot of stress, a lot of things on my mind, but I’ll be fine’. It takes a while for him to admit to himself he has a problem, because obviously, it’s not as cut and dry as that,” continues the actor, who has



“I think it’s something a lot of people will be able to relate to.”

two children with his wife Emma.

It’s why he and the Corrie team have no interest in showing Steve in a continuously morose mood.

“The thing with depression is it affects people in different ways,” says Gregson, who says he has “suffered a little bit” of depression in the past. “There’s no set way to play

this role. Some people can have it and not know. Some people can have it and their friends and family don’t know. We’re also aware there has to be peaks and troughs, good days and bad days.”

Marsh has also spoken of her struggle with depression. “I have friends who’ve gone through depression and still are,” says the 38-year-old. “I think it’s something a lot of people will be able to relate to, whether you’re the person going through the depression, or someone close to a person suffering. That’s the beauty of the story really, it’s touching on all subjects.”

“He’s in such a bad place, he can’t even see what’s happening in front of him,” explains Gregson.

Both Marsh and Gregson enjoyed getting to grips with such a challenging storyline. “It’s good to flex the acting muscles and it is nice to be trusted with a story like this,” says Marsh. “Primarily, Simon’s character’s going through this, but it has a knock-on effect on everybody else and it’s been an honour, really, to be involved in something so serious, and to be trusted with that.”

# Surgery reconfiguration - better, safer care for local people

Following the launch of our public consultation in October, we have been encouraging people, through a series of public engagement meetings and events, to have their say on proposals which aim to create surgery centres of excellence (specialist centres) at our Hospitals. We've received an enormous amount of feedback so far, both verbally and in writing from a broad range of stakeholders.

The proposal is to change how we deliver certain surgical specialties – most patients would not see any change to their own care, though they may enjoy using some of the fresher, more modern facilities that would be developed as a result.

Our proposals recommend that all patients requiring elective surgery attend all of their pre and post-operative visits at their nearest hospital, with only a small

number then going on to have their actual procedure at one of the other hospital sites (whichever is the centre of excellence for that particular specialty). All of our other services, including A&E, maternity, outpatients and diagnostic testing in all of the three local hospitals, would be kept the same. The changes would help us to meet the new, high standards for surgery that are being set by the Royal Colleges and help provide the very best care possible to our patients.

## What have we done so far?

- Engaged with more than 600 members of the public at one of the 13 public meetings we have held.
- Handed out more than 2,500 booklets at one of the four public information points at Gracechurch, Chelmsley Wood and Touchwood shopping centres.
- Attended 7 ward

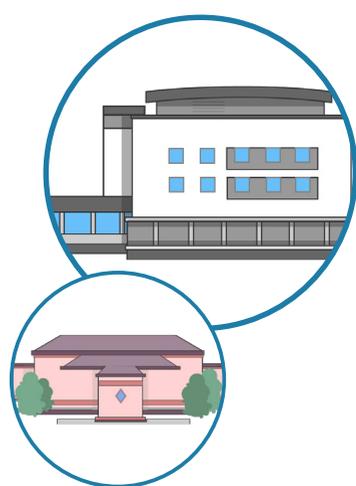
committee meetings to present our proposals to members and written to 937 community groups.

- Distributed information about the proposals to our 100,000 Trust members and 937 community groups.
- Sent booklets to 55 libraries and 82 pharmacies.
- Written to 420 GPs and sent them 67,000 booklets so that they can be available for all visitors to their surgeries.
- Distributed copies of the booklet to every one of our 10,318 staff and held staff briefings at each of our 3 hospitals.

## What happens next?

We are arranging some further open meetings for January and February 2015 that will be widely publicised – everyone is welcome to attend. All feedback received will be reviewed and considered before moving to the next step in the process

which will be to work in partnership with the Clinical Commissioning Groups (CCGs) to develop a system-wide clinical reference group to further develop the proposals. Once this is completed, these proposals will be shared with the public for a further period of consultation in the spring.



### We want to hear your feedback, simply:

- Visit [www.heartofengland.nhs.uk/surgery-reconfiguration](http://www.heartofengland.nhs.uk/surgery-reconfiguration)
- Email [surgeryreconfiguration@heartofengland.nhs.uk](mailto:surgeryreconfiguration@heartofengland.nhs.uk)
- Call (0121) 424 3838
- Tweet us @heartofengland

# Youngsters bring health issues to the fore

It was all about a young people's 'takeover' at this year's Healthy Self Youth Conference, held at Solihull College. The conference themes, ideas and content were all put together by our enthusiastic Youth Forum, under the help and guidance of the Trust's membership team, working in partnership with Solihull Youth & Community Services. The team created a wonderful opening comedy sketch as part of the Children's Commissioner's 'Youth Takeover Day', at the expense of the stuffy stooge 'guest speaker', who was chased quickly off the stage by members of the forum, as they went on to host the event! Over 120 children and young adults from schools and colleges across the Solihull borough took part



in the day. Local drama group 'Loudmouth' acted out a thought-provoking play about bullying and abuse in teenage relationships, followed by a positive and engaging question and answer session.

Round table speed networking sessions prompted lively discussion about mental health, drugs and alcohol, sexual health, bereavement, body image and other topical issues. Soulful music and singing and the presence of the Pets as Therapy dogs contributed to a wonderful atmosphere enjoyed by all. We also held the Young

Governor elections at the conference, resulting in Solihull Sixth Form College student, Saira Begum being nominated as the successful candidate.

Sandra White, Trust membership and community engagement manager, said: "The day provided a brilliant opportunity for children and young people to make a difference to their schools and communities, put their views across and challenge the stereotypes about them that we hear too often. Children and young people have so much to offer. They bring ideas, imagination and energy which can really make a difference to organisations."



For more information about the youth conference and other events organised by the membership team, please call 0121 424 1218 or email [membership@heartofengland.nhs.uk](mailto:membership@heartofengland.nhs.uk)

# Introducing our stakeholder Governors

Our governors represent the members' interests and feed back to the Trust Board the views of Trust members. As well as public and staff governors, we have stakeholder governors. You may be surprised to hear that our stakeholder governors include representatives from organisations like University of Warwick and Birmingham City Council. At present our stakeholder governors are:

<b>CLlr Mohammed Aikhlaq</b>	<b>Birmingham City Council</b>
<b>Mrs Carol Doyle</b>	<b>Birmingham City University</b>
<b>Mr Jim Ryan</b>	<b>Solihull Metropolitan BC</b>
<b>Dr Catherine Needham</b>	<b>University of Birmingham</b>
<b>Ms Nicola Burgess</b>	<b>University of Warwick</b>
<b>Prof Helen Griffiths</b>	<b>Aston University</b>
<b>Vacancy</b>	<b>Joint Lichfield and Tamworth Borough Council</b>

## Let's meet...Jean Thomas

Jean is the newly elected public governor for Solihull. Having worked in sales and marketing at director level for a major national construction company, Jean brings with her a vast amount of experience. She also has personal experience of the Trust from when her husband was cared for at Heartlands and

Solihull Hospital over a 12-year period. Jean feels this experience has given her 'a sympathetic ear combined with a business head'.

Jean said: "The NHS has been good to my husband and I and I come into this role enthusiastic to give as much as I can. As well as in-depth business



experience and personal experience of the NHS, I've also worked at an estate agency so have experience of working with the local community. I'm used to meeting people at all levels and am happy to talk to anyone."

# Health profile

## Add D to your diet to banish the winter blues

**In the cold winter months it can be difficult to grab that bit of vitamin D, which is absorbed into the body through sunlight, when all we want to do is snuggle up indoors and wrap up in layers.**

Vitamin D has an important function in the body as it helps to regulate levels of calcium and phosphate which keep our bones and teeth healthy. Recent research suggests it may have other benefits, too, such as protecting against colds and fighting depression. Doctors are currently seeing a rise in bone-softening condition,

Rickets amongst young people, which is thought to be a result of trends for children to spend more time indoors rather than playing outdoors. With their exposure to the sun vastly reduced, this means that they need an alternative source of the vitamin.

Also, with wider awareness of the need to protect

ourselves from skin cancer and to put on sunscreen, although still important to do, means that in some cases, where we used to get enough vitamin D from sunlight, we are now not getting as much.

# Five ways to get your vitamin D

If brisk outdoor winter walks aren't for you there are other ways to get your intake of the vitamin:

## Sunlight

With sunlight spurring the body to make vitamin D, it's worth spending a bit of time getting that bit of natural sunlight if you can. Care must still be taken to cover up or protect your skin with sunscreen before you turn red or get burnt.

## Fish is your friend

Fatty fish such as salmon, trout, mackerel and tuna can be a good source of vitamin D and gives you the added bonus of supplementing your intake of heart-healthy omega-3 fatty acids.

## Supplements

Vitamin D supplements can help you get your daily dose and are available

at most pharmacies and supermarkets.

## Get egg-static

Eggs are easy to use for breakfast, lunch or dinner and a great source of vitamin D. Just make sure you use the whole egg as the vitamin D in an egg comes from its yolk.

## Fortified cereal

If you're a vitamin D seeker looking for a crunch, look no further than fortified cereals. Many manufacturers are consciously making efforts to fortify cereals with the vitamin and this can be a great healthy way to get your fill of vitamin D.

## How much D do I need?

Most people should be able to get all the vitamin D they need from a balanced diet and getting some sun. It's especially important for groups of the population at risk of not getting enough vitamin D including pregnant and breastfeeding women, babies and children under five years old, older people, people who are not exposed to much sun and those with darker skin such as people of African, African-Caribbean and South Asian origin to make sure they stay topped up on the vitamin.

**To find out more about the conditions caused by vitamin D deficiency including Rickets go to the NHS choices website: [www.nhs.uk](http://www.nhs.uk)**

If you would like any information in large print please call 0121 424 1218



You can contact Sandra White, membership and community engagement manager, if someone you know wants to become a member, if your contact details have changed or if you no longer wish to be a member.

T: 0121 424 1218

E: [sandra.white@heartofengland.nhs.uk](mailto:sandra.white@heartofengland.nhs.uk)

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## Star Letter



"What excellent care I have received recently after being admitted to Good Hope.

"I was sent by my GP and arrived at an incredibly busy heart department where I was seen by Trevor Nesbitt. His manner was honest, direct and very thorough and I felt at ease instantly. He tried all day to alleviate my symptoms as he knew I did not want to be admitted but I had to be. The following day, the same care and attention continued."

## Healthcare Staff Benefits



The Trust has teamed up with discounts company Healthcare Staff Benefits to offer discounts at a range of local businesses from cafes, pubs and restaurants to beauty salons and hairdressers to Heart of England staff and members of the Trust.

Discounts are available through the Healthcare Staff Benefits card which can be obtained from the membership team.

## Dates for your diary...

Trust members and the public are invited to attend health talks at the Trust:

Dementia

Dr Niall Fergusson  
21 January, 5pm – 7pm  
Education Centre, Heartlands Hospital

Ear, Nose & Throat

Mr Huw Griffiths  
18 February, 5pm – 7pm  
Education Centre, Good Hope Hospital

Cervical and Ovarian Cancer

Mr Raj Saha  
11 March, 5pm – 7pm  
Education Centre, Solihull Hospital

If you would like to attend a seminar, please contact Sandra White on: 0121 424 1218.

Council of Governors meeting - members are welcome to attend.  
**3 February, 4pm**

St. John's Hotel, Warwick Road, Solihull

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