

Heart & Soul

NHS

HEART of ENGLAND
NHS Foundation Trust

www.heartofengland.nhs.uk

Winter 2008

Zero tolerance from on site police

Virtual reality hits Heartlands

Wedding present brings baby joy

Your winter health check up

Carol Smillie says speak up in hospital

treatments - services - staff - fundraising - competitions - volunteers - true life stories & more!



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If you would like any information in large print, braille, on an audio tape or in another language please call 0121 424 1218

Please contact us 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.
Members' telephone: 0121 424 1218
Members' website: www.heartofengland.nhs.uk/members
Members' email: foundation.status@heartofengland.nhs.uk

Heart of England staff try out new rugby skills



An entirely different side was seen to Heart of England staff over the summer, as some of the Trust's top directors, as well as doctors, nurses and admin staff, battled it out for touch rugby glory in Heart of England's first ever staff rugby league.

The league ran throughout the summer and saw more than 300 players from the Trust face colleagues and community teams, as well as top local rugby league side, the Birmingham Bulldogs.

Heart of England's medical director of surgery and rugby fanatic, Ian Cunliffe, set up the league with sporty fundraisers, with all proceeds from the league going to the Trust's sports injuries clinic.

The deciding games were played in August, with Sky Sports pundits and former Great Britain stars, Barrie McDermott and Terry O'Connor, crowning the winning side.



Trust launches new screening programme for MRSA

Heartlands, Solihull and Good Hope Hospitals have been among the first in the country to roll out a comprehensive new screening programme to test all patients for MRSA.

Infection control experts launched the programme to help catch the infections in its earliest stages. The screening was successfully trialled for the Trust's elective surgery patients and has now been extended to all admissions, including emergency and unplanned cases.

Nursing staff will take nasal swabs from patients, with results available within two hours after reaching the laboratory. If a result is positive, the patient will be immediately treated and their symptoms monitored.

Dr Savita Gossain, director of infection control, said: "Infection control is a huge priority for us and this is a big step in our continued efforts to drive down healthcare associated infections. The screening will help

us to pick up MRSA as early as possible and will allow us to monitor and control those early cases.

"We would still urge all members of the public when visiting friends or family in hospital, to continue to follow hand hygiene processes and wash their hands when entering Hospital."

For more information

Follow the Infection Control link on the A-Z section of
www.heartofengland.nhs.uk

Trust reduces its carbon footprint

Heart of England is making big steps towards reducing its carbon footprint by joining the NHS Carbon Management Programme.

The programme is supported by the Carbon Trust, an independent company founded by the Government in response to the threat of climate change and works with organisations to help cut carbon emissions.

Heart of England aims to reduce the environmental impact of its activities by 25 per cent before 2012 and a further 20 per cent by 2020. Plans are well underway to make significant investments in carbon reduction across the Trust, waste management initiatives and installation of more energy efficient electrical plants.

Research has suggested that the NHS is responsible for around three per cent of England's total carbon emissions, as well as being the public sector's largest contributor to climate change. The Government is calling for the NHS to reduce its carbon emissions by 60 per cent over the next 40 years.

For more information visit

www.carbontrust.co.uk

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www.wrendaynursery.co.uk



Good Hope guardian angel honour



Good Hope's 'guardian angel' has received the honour of having a unit in the Hospital named after her.

Long standing volunteer and fundraiser, Vera Holley, known simply as 'Holley' by Hospital staff, has raised thousands of pounds for the Hospital through fundraising, including raffles, auctions and bric-a-brac stalls.

In 2007 alone, Vera Holley's charitable fund raised £15,500, enabling Good Hope to purchase new equipment including a resuscitation trolley for the Emergency department, a bladder scanner and an ophthalmic chair for patients with eye problems.

'Holley', 78, has worked tirelessly since she retired from Good Hope 15 years ago. She said: "I joined St John's Ambulance Service aged 11 and I have never looked back. I worked as a nurse at Good Hope until I was 65, but didn't want to stop working, so I started volunteering and fundraising."

Heartlands reaches final stages of landmark building project

Heartlands Hospital celebrated a milestone stage of the construction work of its new joint Medical Innovation Development Research Unit and Diabetes Centre building (MIDRU) when the final tiles were laid on the roof of the new £12m project.

The roof topping off ceremony marks a significant point of the building process as it can then be declared water tight. The building is now just months away from completion and will eventually accommodate the Trust's research and innovation activity and the diabetes and endocrine service.



New scanner for Good Hope



Trust gets thumbs up from patients for 'hospital at home' care service

Heart of England's outreach team for patients undergoing hip and knee replacements has been given the seal of approval from patients using the service.

The surgical and orthopaedic outreach team provides care for patients when returning home from hospital. Set up in 2002, the service aims to enable 'hospital at home' care for patients, reducing their length of stay in hospital and providing a round the clock service.

A survey carried out by the team showed the majority of patients rate the service as excellent, a boost for the team which has grown considerably in recent years to include physiotherapists, nurses and a clerical officer.

The outreach service also provides care for patients who have had breast surgery at Solihull and Heartlands.

For more information call
Debbie Ferriday or Donna Gibson
on 0121 424 4668

Good Hope celebrated the arrival of a new state of the art bone density scanner over the summer.

The new scanner will help patients by detecting osteoporosis, a common bone disease, much earlier and assessing how much at risk a patient is from broken bones.

Claire Wulff, senior radiographer at Good Hope said: "One in three women and one in five men over the age of 50 will experience osteoporotic fractures. These are caused by osteoporosis, which reduces the density and quality of the bone.

"This new scanner, by measuring bone mineral density so accurately, can potentially save many lives. Earlier detection of osteoporosis and, therefore, early treatment means the best possible outcome for patients."

The machine also calculates the fat content of a body, useful in treating patients suffering from obesity and diabetes.

An extra splash of colour for Solihull



Patients, visitors and staff at Solihull Hospital have been enjoying a brighter environment, thanks to the talents of local pupils.

Year nine students from Arden School in Solihull produced a series of Aborigine-inspired pictures for display in the Hospital's outpatients department.

The art exhibition idea came about when Solihull Hospital's arts co-ordinator, Janet Roberts, approached the school.

Janet explains: "Our aim is to create a healing environment for all our patients and visitors at the Hospital through creative art. The youngsters' pictures make a real statement for everybody to enjoy. Projects like this can really help patients put aside some of the apprehension they may have about hospitals by creating a bright and comfortable atmosphere."

From the wards to the boards

In the last issue of Heart & Soul, we announced how the Trust will be celebrating the 60th anniversary of the NHS with Life & Times. Since then, the events team has had hundreds of enquiries on what the night is about. Here's a quick glance at...

LIFE & TIMES

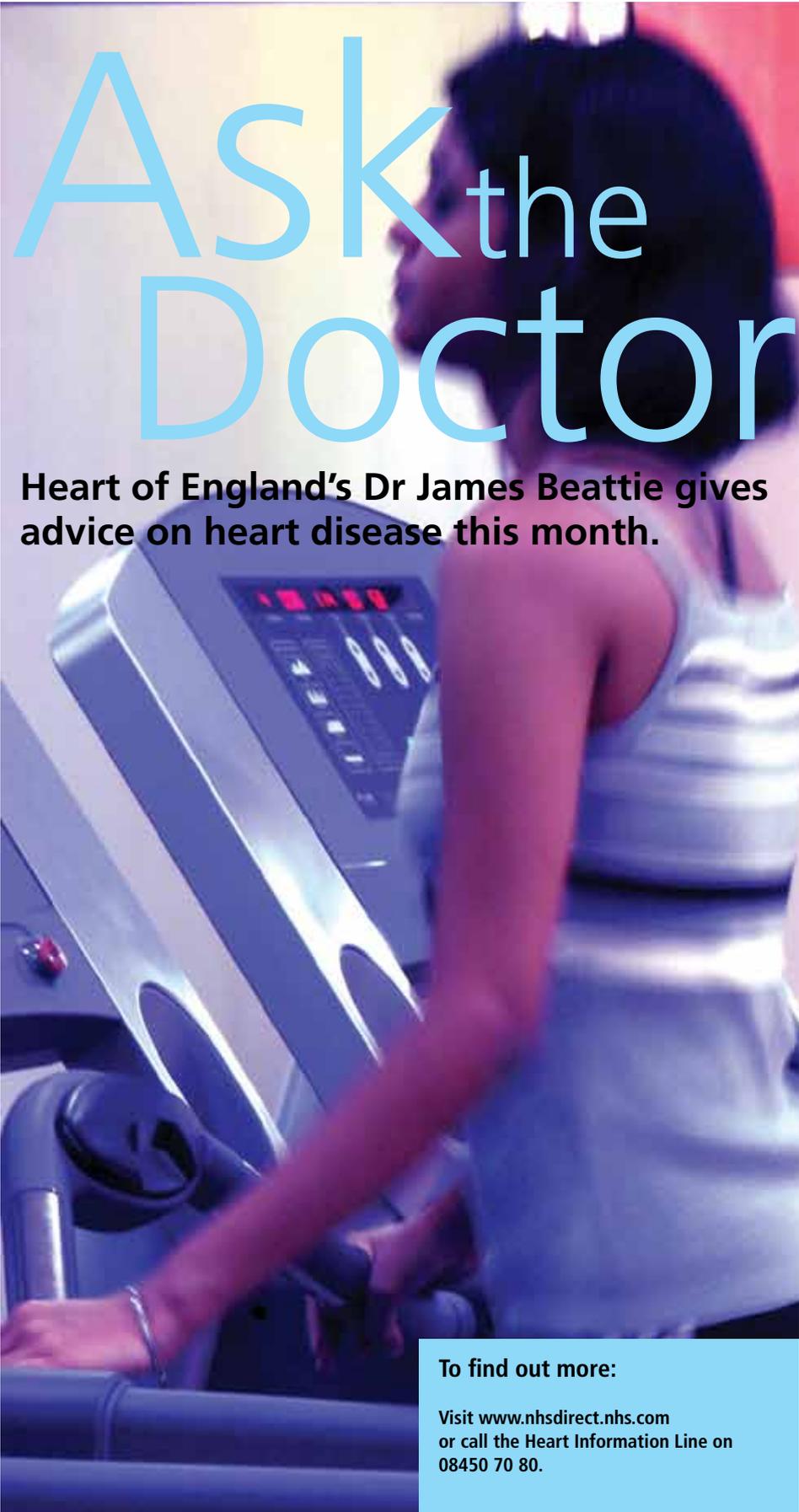


About the show

Life & Times is the finale of Heart of England's celebrations of the 60th anniversary of the NHS. With 50 members of staff taking part, from Heartlands, Solihull and Good Hope Hospitals, the evening will show Trust staff in an entirely new light in front of an audience of almost 1,500 at Birmingham's ICC.

Tickets

Tickets are just £10 each and can be purchased by calling 0121 424 0973.



Ask the Doctor

Heart of England's Dr James Beattie gives advice on heart disease this month.

The UK has one of the highest death rates in the world for coronary heart disease, with one British adult dying every three minutes and more than 300,000 people suffering heart attacks each year. As one of the country's biggest killers, one in four men and one in six women die of this condition.

The heart, the size of a fist, is responsible for pumping blood around the body. It beats approximately 70 times a minute, about 100,000 times a day. The heart's own blood supply comes through a network of blood vessels called coronary arteries. Coronary heart disease occurs if these coronary arteries become blocked or narrowed due to a build up of fatty substances within their walls.

According to the British Heart Foundation, for the 2.6 million people in the UK affected by coronary heart disease, 80 per cent may be prevented by simple lifestyle changes. Making changes such as stopping smoking, doing regular exercise, eating a healthy balanced diet and drinking alcohol in moderation can help keep your heart healthy. If you already have heart disease, taking these steps may still reduce the risk of further heart-related problems. Coronary disease is more common as you get older, but this lifestyle advice applies at all ages.

There are several other factors to watch out for that can also increase your risk of developing this disease. These include high blood pressure, high blood cholesterol, if you are overweight or obese, diabetic and having a history of heart disease in your family. It is important to remember that those of South Asian descent are at particularly high risk.

If you are concerned about developing coronary disease you can visit your GP or practice nurse who can carry out a risk assessment. The assessment takes into account all the above risk factors including your lifestyle, your weight, height and waist measurements and your blood pressure. From this review your GP can advise you how best to keep your heart healthy and also decide whether some medication is required to treat some of the risk factors.

If the presence of coronary heart disease is suspected, a number of hospital based tests are available for accurate diagnosis. These include exercise testing, a variety of scans and even coronary angiography, a relatively simple x-ray test in which a dye is injected directly down the coronary arteries. These tests can determine if treatment is required which may simply be adjusting your medication or perhaps coronary angioplasty in which the blocks in the arteries are opened with a balloon, usually combined with the placement of fine mesh metal stents. Sometimes coronary artery bypass surgery is required.

There is no cure for coronary heart disease and trying to prevent the development of this condition is all important. However, even if this disease does occur, recent developments in investigation and treatment mean that this condition can be dealt with very effectively and the outlook for those affected is increasingly optimistic.

To find out more:

Visit www.nhsdirect.nhs.com
or call the Heart Information Line on
08450 70 80.



Why I'm not always a good girl

Speak up for yourself when in hospital, **Carol Smillie** tells Heart & Soul

Like every mum in the world, my family's health is the most important thing to me. My husband, Alex, and I do all the obvious things to keep our family fit. We make sure our three children, Christie, ten, Robbie, seven, and Jodie, five, get plenty of fresh air and don't spend all their time playing computer games.

We do eat a bit of rubbish but not too much, and we have lots of home-made stews. Alex and I try to sneak plenty of vegetables into their diet. Luckily Alex runs a restaurant and knows how to disguise them!

But whatever you do to keep your family

healthy it's inevitable that at one time or another you or someone you love will probably end up in hospital. From personal experience, I know that it's natural to feel a little out of your depth.

You can feel like you have no idea what's going on. Sometimes I used to think that rather than look ignorant I'd just shut up. But that is not the right thing to do.

I always tell friends who are going into hospital, 'Don't suffer from good-girl syndrome.' What I mean is, don't be shy about speaking up – it's silly to lie awake on a hospital bed thinking, 'This is agony but I

don't want to bother anyone.' Don't worry about being a pain in the backside – if you are the type of person who worries about being a nuisance, that probably means you're not.

Recently I was told about the work of the National Patient Safety Agency (NPSA). It's been set up by the NHS to make sure patients are as safe as they can be. It wants to help you to take an active part in your care. I think the NPSA's advice is spot-on: if you're worried about anything that happens in hospital you are allowed to ask the doctors and nurses! As long as you ask them nicely, they really don't mind.



“There’s nothing wrong with asking politely, ‘have you cleaned your hands?’”

We’ve all heard about hospital infections. The risk of catching one is quite small, but they can be very dangerous. They’re not all preventable, but just a few simple steps can help prevent you becoming one of the unlucky ones.

The best defence is not some fancy drug but clean doctors, nurses and visitors. There’s nothing wrong with asking politely, ‘have you cleaned your hands?’. I realise it may sound a bit tricky – like complaining in a restaurant and worrying that the waitress might play football with your steak before she brings it out! But none of the doctors or nurses I’ve encountered have minded at all.

My own experiences with the NHS have

been excellent. My first two births were difficult. A week after Christie was born I started losing blood heavily. I was in the middle of the supermarket, of all places, when I realised things were not right. It was scary. Blood was running down my leg and I was standing there not sure what to do.

I was rushed by ambulance back to hospital in Glasgow, where they sorted everything out. Unfortunately, three years later, when Robbie was born, the problem came back. I had to have a four-pint emergency blood transfusion. But because I’d had the condition before and it was in my notes, they were aware of the situation and recognised what was happening, even though I had a different

obstetrician.

Through my involvement with the NPSA I know how important it is to make sure medical staff have the right notes so that you get the correct treatment as quickly as possible – especially if you’ve got a common name. No one will mind.

Have Your Say

Do you feel able to challenge medics on hand hygiene? Get in touch
communications@heartofengland.nhs.uk

Good Hope
police
 office says
zero tolerance



Good Hope's police office has been getting tough on any wrong doings in the local area with the launch of a series of police surgeries.

The office held the first of its surgeries in August, with local residents and members of staff dropping in for advice. The sessions have been introduced to give locals an opportunity to speak to a police officer about any suspected criminal activity, community-related issues, or simply to voice concerns and gain some professional advice. Residents are encouraged to discuss both hospital and community related issues and all issues will be treated in confidence.

Lead officer, PC Nita Rani, said: "We'd welcome any local residents to our surgeries – no matter is too big or too small. Alternatively, the office also has a phone number which you can call to speak to an officer in confidence."

The Good Hope police office can be contacted on 0121 424 7801. Please note that this number is not to be used in the case of an emergency situation. The police still advise residents to dial 999 for assistance in this instance.

Heartlands patients enter virtual reality



Patients at Heartlands Hospital are now just one click away from meeting teams of medics as the Hospital introduces pioneering new technology to enable patients to access information about their treatment and services.

Multimedia experts have installed a touch screen kiosk in the cystic fibrosis unit, where the technology is currently being trialled. The kiosk allows patients to view a virtual tour of the unit and interact with hospital staff, as well as finding out more information

on their condition.

David Honeybourne, clinical director, said "The project has been a great success and has helped to empower our patients and give them more control of their illnesses. The screen is now a vital tool on the ward and is essential in providing information to patients."

This move forms part of a Government initiative for all those with long term and chronic diseases to receive support throughout their lives.



Heartlands
Information Centre

Visit the Health Information Centre in the main entrance of Heartlands Hospital to find out more on important health topics.

- | | |
|--------------------|--|
| 6th Oct - 2nd Nov | Breast Cancer Awareness Month |
| 6th Oct - 2nd Nov | Lupus Awareness Month |
| 6th - 19th Oct | Back Care Awareness |
| 20th Oct - 2nd Nov | Bug Busting |
| 3rd - 30th Nov | Lung Cancer Awareness Month |
| 3rd - 30th Nov | Scleroderma and Raynaud's Awareness Month |
| 3rd - 16th Nov | COPD (Chronic Obstructive Pulmonary Disease) |
| 17th - 30th Nov | Indoor Allergy Awareness |
| 1st - 7th Dec | World AIDS Week |
| 8th - 28th Dec | Keep Warm Keep Well |
| 1st - 28th Dec | Drink Awareness |

For more information

Email healthinfo.centre@heartofengland.nhs.uk
 Telephone 0121 424 2280

It may not have seemed much of a summer but winter will soon be upon us. With many dreading the onset of the longer evenings and cold weather, here's a look at how to beat those winter bugs.

1. Eat well, exercise and sleep

Eat five portions of fruit and veg every day and exercise. This will make it easier for your body to resist infection.

2. Wash your hands

Regularly washing your hands with soap and water will help you to avoid flu and other infections. Lather for at least 20 seconds, then rinse and dry. Washing your hands after coughing or sneezing reduces the risk of spreading infection to others.

3. Vaccinate

You can get a free flu vaccine if you're over 65, or have a chronic disease affecting your heart and lungs. It's also available to people who have diabetes or kidney problems, or take certain drugs that affect the immune system.

4. Don't touch

Colds and flu are most often spread by hand-to-hand or surface-to-hand contact. Avoid touching your eyes, nose or mouth after being exposed to germs and wash your hands regularly.

5. Open windows

Weather permitting, open a window to let some fresh air circulate. Germs like stagnant air and a stuffy environment.

6. Don't smoke

Smoking affects your throat and lungs, making you more vulnerable to viruses that cause colds and flu. Avoid smoking or inhaling any second-hand smoke.

7. Keep your distance

Germs spread quickly when coughed and sneezed into the air, so use a tissue to cover your nose and mouth whenever possible. Quickly dispose of it and wash your hands. Avoid contact with people who are ill. If you are ill, stay at home and rest.

Winter health check

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www.fabnfix.co.uk

For anyone attending weddings there is the usual dilemma of what to buy the happy couple. Wedding lists, holiday vouchers – even money – can all seem a little unimaginative. But the emergency team at Good Hope managed to come up with something a little different when their colleague, Mandy Gillion, tied the knot.

Mandy and her husband, Chris, had been trying for a baby for years but underestimated the lengths that Mandy's Good Hope Hospital colleagues would go to to make her dream come true. Mandy, a nurse on the emergency unit, was given the shock of her life when her colleagues in the department presented her with her wedding gift on the big day – funds to have a course of fertility treatment.

Having asked guests for no gifts, she was more than a little surprised when her colleagues approached her at the start of the wedding reception with a what appeared to be a small Faberge-style egg.

Mandy, who has worked at Good Hope for seven years, explained: "I wasn't quite sure what was going on when they all appeared with this gift. When I opened it, I saw a little note and a cheque wrapped inside a silver scroll. By the time I registered what it was, there really was not a dry eye in the reception, everyone was so emotional.

"We are a close knit team and I always knew how close we were, but words couldn't describe how we felt. We had just undergone the final round of NHS funded treatment before the wedding, so the timing was so perfect."

Buoyed by the gesture from her colleagues, Mandy and her husband, Chris, began treatment on their return from honeymoon. And just weeks after starting the treatment, the news was good. Two years after getting married, Mandy and Chris now have the baby they both longed for in one-year-old Alfie.

Mandy's colleague and friend, Jayne Boxall, a sister in the Emergency department, together with nurses, Joy Bampton and Michelle Andrews, were behind the idea to raise money for the unusual wedding present.

Jayne says: "We always do collections for special occasions but really went to town for Mandy. We were so delighted with our idea and after suggesting it to the team, soon, everybody at Good Hope was rallying around. We sent letters to colleagues asking for donations – everyone was incredibly generous, they could see how much the money would mean to Mandy and Chris. She had no idea what we were planning and she was so emotional when we presented her with the cheque."

Now back at work after maternity leave, Mandy has reason to be closer than most to her colleagues. "We will always be so grateful to the team here," she says. "Alfie has brought so much happiness to our lives and we don't know where we would be without him."



Mandy and Chris Gillion got the shock of their lives when they received a rather unusual wedding gift two years ago.

Let's meet

Denise Silvey, lung cancer nurse specialist in the palliative care team at Heartlands Hospital.



Where do you work?

I work across the three sites with both inpatients and outpatients. There are four of us in our team and we work within the palliative care team.

What does your job involve?

I meet patients who are potentially going through a pathway to the diagnosis of lung cancer. Patients and families meet a lot of healthcare professionals in this pathway and that's often when they are most vulnerable and frightened. I am the identified key worker and my role is to be the constant source of support at this difficult time. I am a familiar face to guide the patient and family through the maze of investigations.

What are your daily duties?

My job isn't so much like a staff nurse on a ward. I meet patients and families in outpatient clinics, rapid access clinics and on the wards. With the support of my nurse colleagues I also run a breathlessness clinic and lung cancer support group.

Can you explain a little more about these groups?

The breathlessness clinic is based at Heartlands Hospital for lung cancer patients. The clinic runs over a four week period in combination with physiotherapists and occupational therapists. The aim of this programme is to improve the quality of life of patients. The lung cancer support group is for patients and families who have suffered directly or indirectly from lung cancer. It is a chance for people to come along and meet others in similar situations, talk and share experiences. It is one of the longest running groups of its kind in the country.

Is there anything you dislike about your job?

I don't actually dislike anything about my job. It can however be quite a quite emotionally draining job because of the very nature of the work. You can get very attached to patients and families, particularly if you've seen them for a long time. Working in a team is vital. We help and support each other.

What inspired you to do this job?

I have always had a passion for lung cancer patients because of the misconceptions many people have towards them. Treatments have changed so much these days and an early diagnosis of the disease saves lives. All our patients deserve the best care available and that's what me and my team aim to provide. When I first started out I originally wanted to be a PE teacher but my mum said I would make a good nurse. I've never looked back. It just shows you, mums are always right!



Members

I'm Sandra White, membership manager for Heart of England.

The aim of Heart&Soul is to inform our members of news and service updates across Heart of England's hospitals and to keep you in the know on topics and health issues.

In these pages you'll find information on our health seminars, as well as the results from our recent members survey.

Don't forget to email us with your views and feedback on what you'd like to see in future issues of Heart&Soul.

Membership

We want to give members, patients and the local population access to our hospitals and the services we provide. Here's how the membership works.

A **Level 1** member has high involvement receiving information every month, a quarterly magazine and a personal invite to attend topical events.

A **Level 2** member has medium involvement receiving information six times a year, a quarterly magazine and a personal invite to selected topical events.

If you are currently a **Level 3** member who only receives the quarterly newsletter and would like more frequent information, you can upgrade your membership to a level 1 or 2 free of charge.

If you have a product or service you would like to promote to our 80,000 Trust members or if you want to attend one of the Trust seminars or request further information about membership, please contact 0121 424 1218.



Meet the members

We meet Barbara and Sidney Starks from Sheldon in Birmingham.

Q. What made you both become members?
A. Sidney: There are a number of reasons why we became members. I think one of the main reasons was for community involvement. We wanted more information on issues surrounding the Hospital, from the Trust point of view.

Q. What do you most enjoy about coming to the health seminars?
A. Barbara: The seminars are great, the presenters are very easy to follow and the topics they speak on are easy to relate to. The information they provide is really eye-opening and it is useful to hear about issues that directly affect the community. We have also made a few friends along the way!

Q. What seminar has stood out the most to you and why?
A. Sidney: The seminar on depression was very informative, especially as this is a much misunderstood subject. We enjoy all the seminars because they are to the point and many relate to issues we ourselves or family members have gone through.

Q. Have you changed your lifestyle in any way since attending the seminars and if so, how?
A. Barbara: Absolutely. The skin cancer seminar really opened our eyes to the effects of sun damage. It is quite fashionable to have a nice tan but there are risks. We are now a lot more careful about exposure to the sun and don't stay out all day. It's also very important to wear a high-factor sun cream when outdoors, which we didn't know before.

Q. What type of person would benefit from attending?
A. Sidney: I don't think there would be many people that wouldn't get at least something out of these seminars. There are people who may be afraid to come because they are worried about their illness and what they may hear. However, some of the information is vital and potentially life-saving. The seminars would also benefit carers who could learn more about the conditions of the people they are caring for.



Want to go paperless?

If you are a Level 1 member and would like to receive your invitations for our health seminars via email, just email the membership team with your email address on:
communications@heartofengland.nhs.uk

And our survey said....

We recently sent out a survey to some members to find out their views on the use of an online service allowing patients to view their own medical records. The response was fantastic, with more than 300 of you getting in touch. Here's what you told us.

- 68 per cent of respondents would like to be able to view their medical records via a website.
- 41 per cent said they were extremely likely to use the service if it became available.
- Members really liked the idea of being able to view their own medical history to fill out forms such as travel insurance, but also felt that it would allow them to have a better understanding of their own health and take some ownership of it.
- It was also seen as a good thing that results could be available online rather than having to phone up surgeries to speak to a doctor.
- 25 per cent felt they would not use the service. Members were worried that the recent news reports surrounding lost discs could happen to their medical records and that online security would not be tight enough to keep their medical history private. There were also personal fears that the information included might be misunderstood and that without a medical professional on hand diagnoses could be misinterpreted.

Thanks to all those who took the time to complete their surveys which provided us with feedback on expansion of potential online services, as well as suggestions for health seminars.

If you would like to be included in any of the smaller surveys which we send out, you might like to think about upgrading your membership to a Level 1. Get in touch with our membership team for details.

Your letters



- Many thanks for the care you gave my mom while she was in your care. It was that good she didn't want to go.

- I recently spent four days in Good Hope Hospital and I would like to say I could not complain about anyone or anything in the short time I was there. I was taken to ward 6 and I could not fault anything, everywhere was clean. Many, many thanks to everyone.

- On behalf of my family I would like to express our gratitude to the medical and nursing staff of ward 16, and those involved in our mothers care. We were so grateful of the sensitive manner in which both mom's and our needs were met through this difficult time, and the quality of care that was given by all involved.

- Thank you for your recent patient magazine. The articles were informative and hit just the right tone. I look forward to the next one!

Have something to say?

Write in to:

Heart & Soul letters page
 Heart of England Foundation Trust
 Warwick House, Heartlands Hospital
 Bordesley Green East
 Birmingham B9 5SS

or email
sandra.white@heartofengland.nhs.uk

Kidz corner



Sudoku

Your goal is to fill in the blanks with numbers from 1 to 9 so that each row, each column, and each of the nine three-by-three blocks making up the grid contains just one of each of the nine numbers.

			2
4			
			1
2			

jokes

What is the best way to speak to a monster ?

From a long way away !

Doctor, Doctor I'm becoming invisible.
 Yes I can see you're not all there !

What do you get if you cross an artist with a policeman ?

A brush with the law !

Why was Cinderella no good at playing hockey?

Because she was always running away from the ball.

At what time do most people go to the dentist?

At tooth-hurty (2:30).

Spot the difference

