

Summer 2019

NHS

Medway

NHS Foundation Trust

news @Medway



**Families' loved
ones leave
lasting legacy**



**Best of care
Best of people**

Inside:

- **Praise for maternity team** - Medway midwives crowned best in country
- **Research** - it's not just academic

Summer heralds a brighter future

Welcome to the latest issue of News@Medway.

As we approach summer, it's not just the sun that is beginning to shine more regularly; here at Medway our staff are working hard to ensure that our hospital is a beacon for high quality patient care. We want to be a hospital where our community can come for the treatment they need, in the knowledge that they will receive the right care, in the right place, at the right time – every time. In other words a hospital that our community and staff can be proud of.

In this issue you will hear more about our improvement priorities for the future and see examples of how our staff are delivering change to improve the way that we provide care for our patients.

This hard work is already being recognised by our patients and I'm proud to say it is being acknowledged further afield. Also in this issue, you can read more about our staff who have won or been shortlisted for national awards for their innovative and compassionate care.

Elsewhere in the magazine we will celebrate some of our critical but lesser known services. If you have ever been treated in this hospital there is a very good chance that your blood has been taken by one of our Phlebotomy Team; their role, working alongside our doctors and nurses, is vital in ensuring that your condition can be diagnosed and treated.

We are so grateful for the support we receive from our community. In this issue, you will read the moving story of how three families raised money for



a room for the benefit of those who are at the end of their life.

Finally, on a personal note, I am proud to say that I was appointed as the permanent Chief Executive of the Trust in April. This is my local hospital and I am very proud to lead it into the very bright future that awaits. With our talented staff and the backing of our community, I know there is nothing that this Trust cannot achieve.

James Devine
Chief Executive

In this edition

4

PRAISE FOR MIDWIVES

Medway midwives crowned best in country

6

FORGET-ME-NOT

Fundraising efforts provide support for cancer patients

8

NEW CHIEF EXECUTIVE

James Devine started his career at Medway

10

NOT JUST ACADEMIC

Research and clinical trials have changed millions of lives

14

MAKING MEDWAY BRILLIANT

Our staff are working hard to make Medway brilliant

17

INTRODUCING....

The fantastic work of the Medway League of Friends

18

COMMUNITY COMES TOGETHER

Our dementia therapy garden officially opens

20

AT THE HEART OF THE COMMUNITY

Find out about our latest engagement and upcoming health events

The News@Medway team

Editor-in-Chief: Glynis Alexander

Editor: Will Chambers

Contributors: Michael Addley, Krishna Devi, Donna Law, Jodie Moore, Claire Baigent

Photography: Mike Gough

Design: Nina Lee

How to get in touch

Email:
communications.medwayft@nhs.net

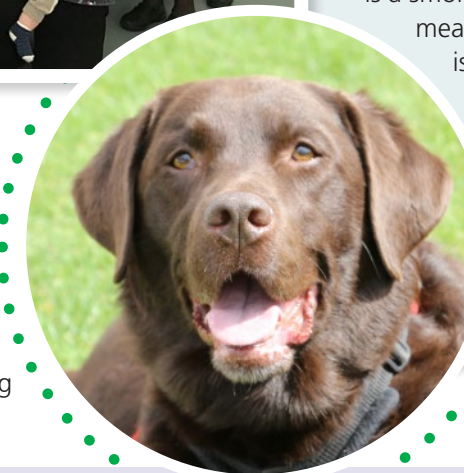
Celebrating our nurses and midwives

In May we marked both International Nurses Day and International Day of the Midwife with a special exhibition showcasing the diverse and varied nature of the roles on offer at the Trust. Thank you to our amazing nurses and midwives, who make us proud every day!



Farewell to Cookie

The Trust was sad to learn of the retirement of our beloved volunteer and hospital therapy dog, Cookie. We are very grateful to the work of Cookie, her owners Bob and Janet, and fellow therapy dog Katie (who sadly passed away last year), for making a real difference to our patients and bringing them comfort over the years.



No smoking policy

Please remember that Medway Maritime Hospital is a smoke-free site – this means that smoking is prohibited across the hospital, including in all the buildings, grounds and car parks.



Congratulations to our award-nominated staff!

The Trust's Acute and Emergency Medicine Team is shortlisted for 'Team of the Year' at the RCNi Nurse Awards in London on 3 July; our Breast Care Team is a finalist in two separate categories at the HSJ Patient Safety Awards in Manchester on 2 July; and our Nursing Workforce Team in conjunction with Recruitment, are up for 'Best International Recruitment Experience' at the Nursing Times Workforce Awards in London on 25 September – congratulations to all involved!

Medway midwives crowned best in country

The Trust's midwives were crowned 'Midwifery Service of the Year' at the prestigious Royal College of Midwives Awards in March.

by Will Chambers

The team – which is based at Medway Maritime Hospital in Gillingham and also work locally in the community – scooped the prize at a ceremony in London for showing significant improvements and innovation in maternity care.

Head of Midwifery, Dot Smith, said: "We are absolutely delighted to win this award, and to receive national recognition from our professional body, the RCM.

"Our midwives are truly amazing, and this award is testament to their hard work and dedication. They work tirelessly to deliver safe and high quality care, working with women, to provide a truly women-centred service."

The Trust's Chief Executive, James

“

Our maternity team is a real inspiration and an example of the brilliant care we aim to provide.

”

Devine, added: "I am so proud that the excellent work of our fantastic midwifery colleagues has been recognised by the RCM.

"Our maternity team is a real inspiration and an example of the brilliant care we aim to provide at Medway – this award is a true acknowledgement of the consistently outstanding job they all do. Well done to the entire team!"



National plaudits for innovative training scheme

A new scheme helping overseas trained doctors get to grips with delivering NHS care in Medway was praised at a healthcare awards ceremony in April.

The 'Medical Training Initiative (MTI) for Overseas Physicians' - implemented by Dr Manisha Shah and the Trust's Simulation Team - was highly commended in the education category at the BMJ Awards in London.

The innovative scheme is delivered in just one week through a mixture of talks and hands-on simulation exercises, supporting doctors to fit in with NHS culture, working practices and values.

It was also shortlisted for 'Training and Development Initiative of the Year' at the HSJ Value Awards in May, alongside fellow Medway finalists:

- Dr Tara Rampal (Clinical Support Services – launch of Prehabilitation Unit)
- Amanda Epps (Diabetes Care Initiative of the Year – launch of Diabetes Specialist Nurse Professional Forum)

Trust signs up for Rainbow Badge scheme

We are proud to be one of the first NHS trusts in the south east to sign up to the Rainbow Badge scheme.

This is a way for staff to show they are aware of issues that lesbian, gay, bisexual and trans (LGBT+) people face when accessing healthcare. Its simple aim is to make a positive difference by promoting a message of inclusion.

The rainbow badge is a visual symbol identifying its wearer as someone an LGBT+ person can feel comfortable talking to about issues relating to sexual orientation or gender identity. It indicates that the wearer will listen without judgement and signpost to further support if needed.

The scheme emphasises that wearing a badge is a responsibility. Basic education and access to resources are provided for staff who want to sign up.



Alister McClure, the Trust's Head of Equality and Inclusion said: "I'm delighted to see so many of our staff wearing their rainbow badges with pride. This sends out a powerful message to LGBT+ patients, carers and relatives; a message of support and inclusion."

The 2018 Stonewall study 'LGBT in Britain – Health Report' found that one in seven LGBT people (14 per

cent) avoid seeking healthcare for fear of discrimination from staff. Mental health issues such as depression and anxiety are much higher in people who identify as LGBT+. Half of LGBT people nationally (52 per cent) experienced depression in the last year, and almost one in four (23 per cent) witnessed discriminatory or negative remarks against LGBT+ people by healthcare staff.

Inflatable bowel comes to Medway

Patients, staff and visitors had the unique opportunity to fully explore their insides when a giant inflatable bowel came to Medway during Bowel Cancer Awareness month.

Stoma Nurse Caroline Read said: "Normally people don't want to talk about things such as bowels or poo, so we brought the inflatable bowel to Medway to help people to have these conversations."



Bowel cancer is the fourth most common cancer and the second biggest cause of cancer deaths. However, the disease is treatable and curable, especially if diagnosed early. Routine screening for bowel cancer begins at age 60 with a faecal occult blood test, although screening may begin earlier if you have other risk factors, such as a family history of the disease. Following a recommendation from the UK National Screening Committee the National screening age is soon to be lowered to 50 years.

"Bowel screening isn't scary," says Caroline. "It's there to try and stop people developing bowel cancer, and to catch it early, because the earlier you begin treatment the more likely you are to recover from it."



● Members of our award-winning Maternity team

● Stoma Nurse Caroline Read (far right) with staff in the inflatable bowel

Forget-me-not true love and memories

When Peter Le Grys and Christopher Whitehead died within days of each other, little did their families know what an incredible difference their joint fundraising would make to cancer patients facing devastating end of life diagnoses.

by Donna Law

In November 2017, the Le Grys and Whitehead families spent most of their time in Lawrence Ward at Medway Martime Hospital. Peter Le Grys, 35, was dying from bowel cancer and Christopher Whitehead, 44, of lymphoma, having survived leukaemia 10 years earlier. Both families were squeezing into side rooms to spend precious time with their loved ones.

Senior Sister Kelly Clements had wanted, for many years, to provide private en-suite facilities, with access to an outdoor courtyard, to dying patients and their families. Her plan: to turn an under-utilised bathroom into an end of life room.

Christopher Whitehead and Senior Sister Kelly were friends and during his stay on Lawrence Ward discussed the end of life room.

His wife, Mona Whitehead-Lewis, said: "Chris told Kelly: "It's not a lot to ask to have your wife lying next to you when you die. She's going to raise money for it." At the end, I sat by the bed, by his side, with my head on his chest and I heard his heart stop. That was how we were. It would have been nice to have been holding him.

"Chris had a book where he recorded his wishes. At the time I thought it was morbid but he wrote down everything he wanted me to do after he died, including a memorial cricket match, and I have been able to do it."

Alan Le Grys, Peter's father, said: "Peter came in for the last time in October 2017 and died on 3 November. We had a case conference and he knew it wasn't good.

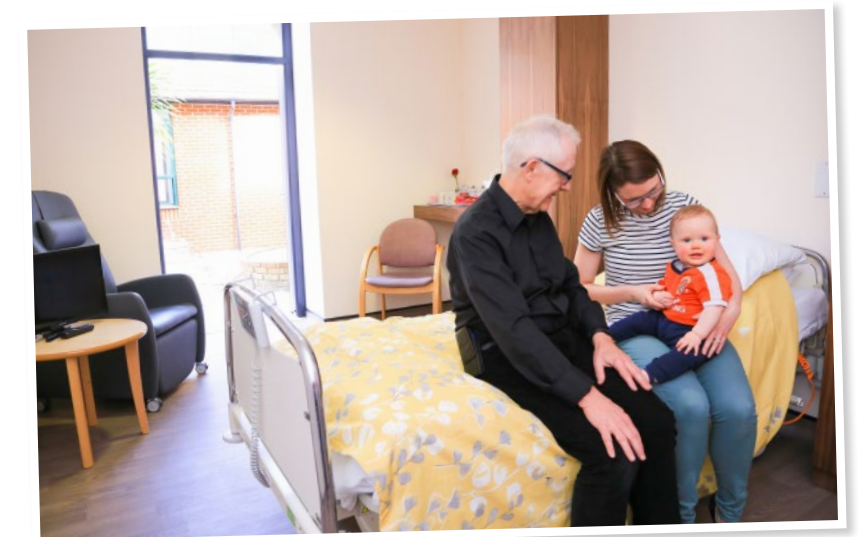
"We all wanted to be with him during his final days. There were only a couple of lounge chairs in the room and no other beds, so I slept on the

floor. Peter died surrounded by his family and friends, with us holding his hands. He was an amazing person and we love him and miss him."

Sister Katie Williams added: "Peter always looked on the bright side and would have wanted something positive to come out of our experience. The room is perfect. There is space for two beds, you can make yourself a cup of tea and go out into the garden to grieve privately."

The Forget-Me-Knot room opened in April 2019 thanks to the commitment of the Whitehead and Le Grys families and the family of another patient Steve Binks. Together they donated a total of £10,873 towards the project.

"Peter always looked on the bright side and would have wanted something positive to come out of our experience."



● Pictured left: Christopher's wife, Mona Whitehead-Lewis

● Alan Le Grys with daughter Katie and grandson Noah in the Forget-Me-Not room

Trust Chief Executive started his career at Medway

The Trust was pleased to announce the appointment of a permanent Chief Executive in April. The appointment was made following a national search and open recruitment process.

by Will Chambers

James Devine had been acting as interim Chief Executive at the Trust since November 2018, following the departure of Lesley Dwyer who returned home to Australia to take on a new role after nearly four years, at the Trust.

James has long experience in the NHS, having previously held senior roles at prestigious organisations including Great Ormond Street Hospital for Children and Barts Health.

Trust Chair Stephen Clark said: "James has the leadership skills and deep understanding of the healthcare environment – with all its challenges and opportunities – that we need to take the Trust onto the next stage of transformation."

"I am delighted that he will now continue the work he has started during his time as interim chief executive."

James started his career at Medway 23 years ago when he joined as an apprentice, working with the school health team. He went on to challenging roles in several London trusts before returning to his roots in October 2016 to take on the role of Executive Director of Human Resources and Organisational Development at Medway.

In July 2017, hospital improvement was included within James' portfolio, and he was announced as the Deputy Chief Executive in November 2017, formally taking on responsibility for the performance and operational management of the Trust, determined to ensure that a robust performance framework was in place and that the Trust continued to deliver high quality services.



James said: "I look forward to leading Medway NHS Foundation Trust as we continue to improve care for our patients. It is an incredible privilege to work alongside our fantastic staff, supported by the most committed and determined Board I could wish for."

"There is much to do as we continue our progress from better, to best and onto brilliant, but we are making great strides, and have strategies underway to ensure we can inspire and motivate our staff – the best of people – to deliver the best of care."

“
It is an incredible privilege to work alongside our fantastic staff, supported by the most committed and determined Board I could wish for.
”



Easing the pressure

Our ear, nose and throat (ENT) service is responsible for investigating, diagnosing and treating disorders and defects of the ears, nose (including sinuses), throat, head and neck for children and adults.

by Will Chambers

Our team of doctors, nurse specialists and audiology specialists provide services both in the hospital and in the community, including day case clinics at hospitals across Medway and Swale.

A 24-hour emergency service is also provided for all patients requiring ENT intervention, following referral from a general practitioner or the Trust's Emergency Department. On average, this service, based at Medway Maritime Hospital, normally sees between 320 to 350 patients per month through an Emergency Treatment Room.

Carma Bower, long-serving ENT Nurse Practitioner and ENT Emergency Treatment Room Manager, explains: "The ENT Treatment Room is housed in one of the inpatient wards at Medway Hospital;

it's a room that sees all the ENT emergencies, which are passed through from A&E. This service is very important as it helps to relieve some of the pressure off our colleagues in the Emergency Department.

"We see anything from sore throats to tonsillitis, quinsy (inflammation of the throat), airway obstruction, ear care, fractured noses – it can be anything, you never quite know what will come

through the door! In addition to the emergency cases we also see booked patients, so it is a two-tiered system.

"Our patients are greeted as soon as they enter; it's quite a small unit so we try to give each patient the attention they deserve, constantly offering them support throughout their stay – the positive feedback that we often receive really reflects this.

"All of my staff have experience of working in ENT for a number of years and each person is vital to the running of the service. The patients seem to really appreciate the personal touch that my team provide and we are really proud to represent the Trust in this role."

• ENT Emergency Treatment Room Manager Carma (left) with Senior Clinical Support Worker Teresa



Research - it's not just academic

Clinical research is the study of health and illness, while a clinical trial is an experiment designed to answer specific questions about new treatments or new ways of using existing treatments. Both are crucial to the development and progression of medicine and surgery. Without research or clinical trials, we would not have a vaccine for polio, IVF or effective treatment for diabetes, to name but a very few medical breakthroughs.

by Jodie Moore

Since the first ever trial performed in 1747, research and clinical trials have saved and improved millions of lives – Tracy Post believes her life is one of them.

Tracy said: "I was out walking my dog with my husband when I fell and hurt my ankle. I had to go to hospital where it was discovered I had ruptured my Achilles tendon. I was fitted with a boot, went home and thought that would be the end of it – apart from a long recovery ahead of course!

"A couple of weeks later I was going up the stairs at home when I felt a really sharp pain in my chest. I then started to feel really unwell and I just knew something wasn't right so I went to the hospital. I was referred for scan which showed that I had several blood clots in my leg, heart and lung. It was terrifying to be honest. I've never had anything like it before and I wasn't expecting the scan to show anything like that – especially as all that had happened to me was a fall!"

Tracy was the first patient recruited to take part in the OPTALYSE PE study which began at Medway Hospital in January 2018. Patients with blood clots in a major artery within the lung are typically treated with a blood thinning drug over the course of 12 hours. While effective, this

“

I'm so grateful I was picked...I may have played a part in improving care for others and even finding cures.

”

treatment does have its risks due to the length of time that the patient will receive the blood thinning drug into the bloodstream. The OPTALYSE PE study tests whether drugs can be administered over a shorter period of time – along with an ultrasound device which is directed straight onto the clot to help the drugs dissolve it - and achieve the same benefits with fewer risks.

"I was told I was a good candidate for the trial," says Tracy, "and I jumped at the chance to take part. I'm so grateful I was picked – not only because I honestly believe my recovery was quicker, but also because I know I may have played a part in improving care for others and even finding cures.

"I feel like I've been really lucky. The staff at Medway have been brilliant – both after my accident and during the study. And I couldn't have got through

any of it without my family's support. They have been amazing. I would say to anyone who has the opportunity to take part in a trial, just do it. If we don't support research then medicine can never move on."

Research and Innovation at Medway Maritime Hospital

Medway NHS Foundation Trust is a research-active hospital and has one of the most successful research portfolios in the south east. Between 2016 and 2018, more than 13,000 patients and healthy volunteers have taken part in around 100 studies at the hospital. The Research and Innovation team at the Trust runs studies in cancer, maternal and baby health and diabetes as well as other disease areas and conditions. To find out how you can get involved, or for more information, contact the Research and Innovation team on **01634 830000 extension 6736** or email **met-tr.medwayresearch@nhs.net**



● Tracy Post and husband Richard

Spotlight on...

Phlebotomy

More than 4,000 people work at Medway Maritime Hospital, carrying out a wide range of roles, all focussed on providing the best of care to our patients.



Our Phlebotomy Team, made up of 15 members of staff, provides a vital service to all areas of the hospital. They cover 25 wards on a daily basis and offer an urgent service on a Saturday, as well as a second daily service to specific wards.

The team also runs a separate daily (Monday to Friday) service on Eliot Ward for outpatients who have been referred by a Consultant.

Clinical Phlebotomy Lead, Justine Nield, said: "Our blood test service is a diagnostic test which helps to determine a patient's general health. Blood tests can also check for infections, screen for genetic conditions and test how well organs are working.

"From April 2018 to March 2019, we saw a staggering 121,347 patients!

That's more than 10,000 patients every month. The figures clearly show that we run a busy service which is integral to not only patients but other departments within the hospital too. No day is ever the same and we see a diverse range of patients and carry out a number of different tests.

"Blood tests are often used as the first point of diagnosis and treatment plans are created based on the results. People usually need to have a blood test before other investigations can take place, such as CT scans and MRIs."

The phlebotomists offer a high quality, skilled service but speed is also critical due to the persistent demand for the service.

Justine added: "I am very proud of my team who provide an incredible service



● *Phlebotomist Wendy*

to both patients and their colleagues across the hospital. We are sometimes less visible than other teams but we are an essential service and we always aim to provide an excellent level of care to those we treat."

Did you know?

Medway Community Healthcare provides blood testing services for those referred by a GP or community service. They run a number of drop in clinics, including a Saturday clinic in Gillingham. There is also an appointment only service available at Grain Village Hall.

For more information, please visit: www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/blood-test-service



● *Some of our fantastic Phlebotomy team*

Your Say

Your feedback from
www.nhs.uk

My first visit to Medway hospital was a very good experience. All the staff and consultants were excellent. **May 2019**

Our baby arrived eight weeks earlier than expected, which was a very scary experience; however the care of the staff will stay in our hearts forever. We would definitely recommend the excellent service given by the Medway Maritime Hospital neonatal and midwifery units.

May 2019

Tell us about your experience!

Your feedback helps us focus on making improvements where you think they need to be made.

You can leave feedback via social media, online via the NHS website – www.nhs.uk – or by filling in a feedback form from the hospital's main reception.

Medway NHS Foundation Trust

Medway_NHS_FT

MedwayNHS

I cannot fault the care or the friendliness of the staff upon arrival to A&E - the traumatic experience was made so much less stressful by these very kind and professional people, who are a true credit to the NHS. Thank you so much. **April 2019**

The care my dad received on Byron Ward was absolutely amazing, the staff were extremely professional and friendly, keeping my family informed at all times. **April 2019**



TOP TWEETS



April @AprilJane84

Today we officially opened The Butterfly Garden, @Medway_NHS_FT first dementia friendly sensory garden. Thank you to everyone who came to celebrate with us. A great achievement for the trust and local community. #bestofcare #bestofpeople



Hayley @CookEatHappy

Our little boy (18 months) successfully had his surgery today @Medway_NHS_FT. He has been SO well looked after, a tweet really is too short to tell it all. Thank you, thank you.



Sarah @sarah_hare

This lot; who happen to be smart, supportive, caring, inspiring, innovative, successful and most importantly, my friends. Oh, and they're all #WomenInSurgery #Anaesthetists #InternationalWomansDay2019



In April our Diabetes Specialist Nurse Amanda Epps was chosen to take over the national @NHS Twitter account. Each week a lucky new person curates the account and shares their NHS story. We were really proud of Amanda for doing a great job and putting Medway on the map. Visit [Twitter.com/NHS](https://twitter.com/NHS) to see her Tweets.



We're making medway brilliant!

by Michael Addley

It has been a busy 12 months at the Trust and we have worked with our staff and community to ensure that we are now a much safer place for our patients to be treated and a hospital that our community can be proud to call theirs.

But we know we still have much more to do if we are going to provide consistently high-quality care for the people of Medway and Swale.

Through our Better, Best, Brilliant programme our staff are working hard

to make Medway brilliant. That means putting patient care at the heart of everything we do ensuring you receive brilliant care, from highly trained staff, in the right place at the right time.

Here are some of the things we are focussing on:

Improving flow throughout the organisation to reduce unnecessary delays

Flow is an extremely important issue for any hospital, and ensuring that there are enough bed spaces to enable patients to move through the hospital from admission to discharge in a timely manner, is an ongoing challenge. So making sure we get our discharge processes right is so crucial; not only because it helps our flow issues but also because it is better for patients to be at home where they are more comfortable. That's why people like Ellis Bowden our occupational therapist are working on keeping our older patients more active and helping them to get home sooner.

● Pictured: Ellis Bowden, Occupational Therapist



● Pictured: Cliff Evans, Emergency Department Consultant Nurse

Ensuring you spend less time waiting in our Emergency Department

Although we have a fantastic new Emergency Department (ED), we know that it's not the right environment to treat our patients in for long periods of time. That's

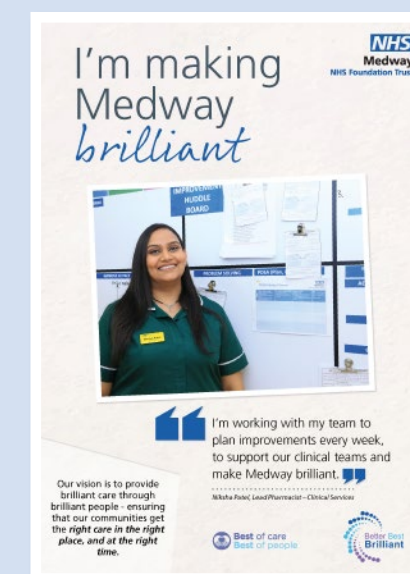
why our Emergency Department team, including Cliff Evans our Consultant Nurse, have reviewed our processes in the ED to increase the number of patients seen and treated within four hours. We now stream patients at the 'front door' so that an increased number of patients who do not need to be seen in ED can be treated in a more appropriate environment.

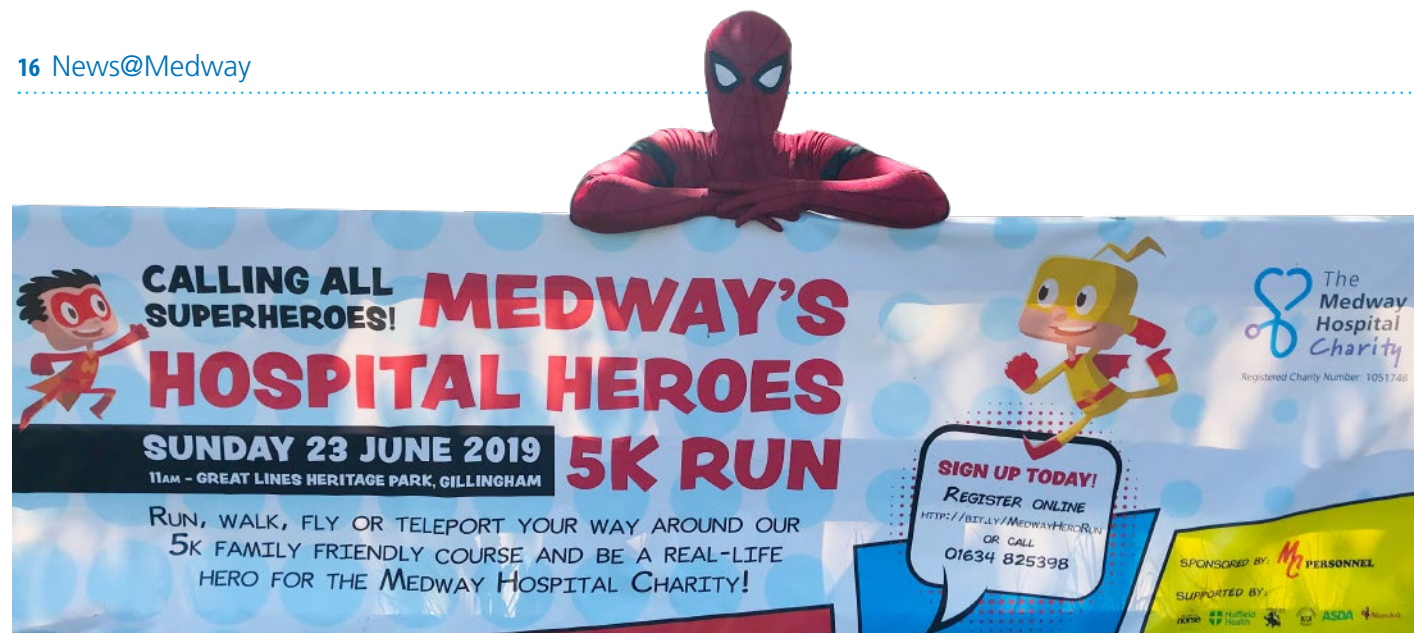
We are also proud to have opened our new Acute Frailty Unit. The unit ensures that some patients are admitted more quickly and are treated by appropriate specialists.

We will keep you updated on our Better, Best and Brilliant improvements in future issues of News@Medway.



Here are some of the things our staff are doing to make Medway brilliant





CALLING ALL SUPERHEROES!

The Medway Hospital Charity is excited to announce its first superhero run in the beautiful setting of The Great Lines Heritage Park, Gillingham.

On Sunday 23 June, the charity would love you to walk, jog, run, fly or teleport your way around the 5k family-friendly route and become a hospital hero as you cross the finishing line.

Cheryl Jones, Fundraising Officer, said: "Working in a hospital we know

not all superheroes wear capes and we are delighted to be raising money to support the work of Medway NHS Foundation Trust."

Participants will enjoy a fun and energetic warm-up, music, face painting and lots more, before setting off around the park amid a team of superheroes!

Registration opens at 10am, with the warm-up taking place around 10.50am. The run itself will set off at 11am.

Tickets - priced at £15 for adults,

£7.50 for children, and £40 for families, include a free gift, medal and fundraising support.

Food and drink will be available for purchase at the event and other facilities are available at the nearby Medway Park Sports Centre.

For more information or to sign up, visit: <http://bit.ly/MedwayHeroRun>

My Medway...

It was an exciting opportunity to work in a specialist role in critical care and work within an innovative dietetic department. There has been and will be lots to do at Medway, and I am excited to be part of that journey.

Emma Gaskin, Specialist Lead Dietitian

Work for us

Here at Medway, we pride ourselves on working together as one to ensure that our best of people provide the best of care to patients across Medway and Swale.

If you think you have what it takes to positively contribute to our exciting future by being part of our amazing team, please go online – <http://jobs.medway.nhs.uk> – to view our latest vacancies.



Introducing... Medway League of Friends

Our League of Friends has been supporting the hospital since soon after it was taken over by the NHS, more than 50 years ago.

by Claire Baigent

The League is a registered charity and is a volunteer-led group who dedicate their time to raising vital funds for local health services.

The League is made up of 18 paid staff and 130 volunteers, some of whom have volunteered for more than 25 years. The youngest volunteer is 16 and we have volunteers in their nineties. The team actively supports work experience placements and those working towards their Duke of Edinburgh Award.

Money is raised through the three shops located around the hospital and the snack trolley which makes regular visits to the wards. The main shop, located in the entrance of the hospital also includes a coffee counter where a variety of hot drinks is served.

Operations Manager, Scott Belcher, said: "Every time you make a purchase from one of our shops, you are helping to support your local hospital,

as all profits made are reinvested to provide equipment which may otherwise be unavailable.

"I am so proud of the work carried out by the team who all give so much to improve the experience for our patients."

In the last financial year the League of Friends donated an amazing £400,000 worth of equipment to the Trust, including an ECG machine, sensory toys, trolleys and ultrasound machines.

The achievements of the League are only made possible thanks to the kindness and tireless efforts of the volunteers. New recruits are always needed so if you would like to help give back to your local hospital and support the work of the League of Friends please get in touch, by emailing enquiries@medwayleagueoffriends.org.uk



The voice of Hospital Radio Medway, Eunice Norman, was recently nominated and shortlisted for a prestigious Pride of Medway Award.

Eunice has worked at the station since 1973 and has enjoyed speaking with patients and making their time in the hospital a little easier.

Many congratulations to Eunice and a big thank you for her dedication over the past 46 years!

Charity news



Community comes together to create Butterfly Garden

On a beautiful spring day the Trust was delighted to welcome the Mayor of Medway, Cllr Steve Iles, to open its therapeutic Butterfly Garden for people living with dementia.

by Donna Law

The official opening on 1 May was the culmination of hard work by staff, volunteers and charities who came together to support this innovative project. More than 50 people enjoyed the garden's transformation from concrete courtyard to therapeutic haven.

April Thompson, Head of Therapies, said: "We would like to thank everyone involved with The Dementia Therapy Garden Appeal. We had incredible support from our local

community and internal volunteers including our Estates team, working group and therapists. All were instrumental in the development of the Butterfly Garden, providing time, money, plants and much, much more!"

Jenny Holliday, Senior Data Quality Co-ordinator who led the project, added: "The response from our staff and the community has been overwhelmingly positive. We are keen to harness feedback, skills and knowledge

to sustain this sensory, therapeutic gardening space to support the recovery and wellbeing of patients."

The garden will also provide welcome outdoor space for our staff and the therapies team is looking for volunteers to join its gardening club. Please contact Jenny on 01634 830000, extension 3425 or email jenny.holliday@nhs.net if you can help.



Thank you to:

- The Medway League of Friends for donating £5,000 to kick-start the project
- Dan Barnes from Travis Perkins for providing tools, equipment and labour
- Paul Smith, and team, from Ideal Home Improvement for building a bespoke, wheelchair-accessible raised bed and donating a tree for the garden
- Maundene Primary School's 60 young volunteers who helped in the garden. They were supported by an education workshop from the Kent Wildlife Trust
- The Octopus Foundation's Men with Sheds project team who built an arbour and made planters out of recycled pallets
- Phil Dynes and team, from National Grid who built the decking for the privacy area and installed the screen and handrail. They also painted and refurbished the benches
- Garden designer Eva Girling who shared her time and expertise
- Contractors Bauvill for supporting the new door, wheelchair access and paving into the privacy area
- Martin Tubman from B&Q Gillingham for donating plants, compost and tools
- Dillywood Garden Centre in Rochester for donating plants and flowers
- Everyone who donated money to the Dementia Therapy Garden Appeal - our community raised a wonderful £1,445 - and those who bought items from the Amazon Wishlist



- Our new charity mascot, who made a special appearance at the opening of the Butterfly Garden, is waiting to be named. Watch this space as we will update you in the next edition

Coming up

23 June – Hospital Heroes 5K run

Be a superhero by signing up for our charity run at the Great Lines in Gillingham. Visit <http://bit.ly/MedwayHeroRun>



5 July – NHS Big Tea

Can you hold a fundraising tea party on the anniversary of the NHS? Last year the NHS Big Tea event raised more than £500 to support hospital projects that fall outside of the NHS budget. If you'd like to take part, please email medwayft.charity@nhs.net



8 November – Quiz Night

Join us for our bi-annual Quiz Night in the hospital restaurant. Tickets are priced £6 per person for teams of six to eight. May's Quiz Night raised a wonderful £673 for The Medway Hospital Charity. To express an interest, please email medwayft.charity@nhs.net



Get in touch



01634 825398



medwayft.charity@nhs.net



www.medway.nhs.uk

At the heart of the community

Getting to know you as you get to know us!

It was an absolute pleasure to greet more than 100 people from our local community in Medway and Swale at the Trust's last three member events.

by Krishna Devi

We caught up with regular faces and welcomed new ones to these engaging sessions, and it was really encouraging to see the passion you have for your local hospital and how keen you are to get involved in improving experiences for our patients.

Thanks to your feedback from these events, we were able to understand what quality care means to you, our patients. Your input also influenced our 2019/20 local quality priorities and our 'designing for quality' framework, which will be used to review all of our core services over the next 12 months.

Looking to the future of healthcare in Medway, Dr Peter Nicholls, Dean of KentHealth, enthusiastically opened March's member event by telling us about the new Kent and Medway Medical School. The evening provided insight into how this facility will be a chance for local young people to fulfil career aspirations by training at a top-level university and hospital, a view that was endorsed by some of our current medical students who showcased their training journey at the Trust.



In response to your feedback, we held our May event in the afternoon in Sittingbourne, where Dr Sanjay Suman, Clinical Co-Director, Alison Streatfield, Clinical Co-Director and April Thompson, Head of Therapies, updated attendees on the integrated care we provide for older people, the progress we've made, and our plans for the future.

Thanks to everyone who attended and fed back on these sessions. With only three events remaining this year, make

the most of your membership and get to know the staff that treat you.

More information about our member events can be found in the 'dates for your diary' section.

If you have any questions about or suggestions for meeting, please contact Krishna Devi, Community Engagement Officer at krishna.devi@nhs.net

Out and about with our Governors

Our Governors care passionately about Medway Maritime Hospital and want to be involved in making a difference to you, our patients, and your experience. As the Trust's public representatives they want to ensure that the views of the community influence future decisions.

Feedback from our local community helps make sure the care we provide at the Trust meets your needs and the improvements are effective. As a Trust, we cannot do this without gaining input from the people we serve, and we are proud that our Governors support this through proactive engagement.

We meet at venues in Medway and Swale, and at different times of the day, to engage with as many local people as possible. This year our Governors have hosted engagement events at Hoo Leisure Centre, Rochester Healthy Living Centre and

Sheppey Community Hospital. They met people who use hospital services, and who were very keen to share their experiences of the care given.

You told us about the brilliant treatment you had from our friendly, well informed staff who made you feel very relaxed. We also heard of the challenges you have experienced.

This is all useful information we really want to know about so that we can provide all of our patients in Medway and Swale with the best of care.

If you are interested in meeting your Governors at the next engagement session, dates for these can be found in the dates for your diary section.

Alternatively, if you would like to submit a question to your Governor or ask them to raise an issue, please email met-tr.members-medway@nhs.net.



Dates for your diary

Members and non-members are welcome to attend these meetings. Please check our website for further details of our events.

If you have any suggestions about future meetings, please contact Krishna Devi, Community Engagement Officer at krishna.devi@nhs.net

Member events

- **Behind the scenes at Medway Maritime Hospital** – Thursday 11 July 2019, 9.30am to 12.30pm, Postgraduate Medical Centre, Medway Maritime Hospital
- **Annual Members' Meeting** – Tuesday 19 September 2019, 6pm to 8pm, Restaurant, Medway Maritime Hospital
- **Pharmacy and Medicines** – Tuesday 19 November 2019, 6pm to 8pm, Postgraduate Medical Centre, Medway Maritime Hospital

Meet your Governors

- **Friday 16 August 2019, 10am to 12pm**
The Forum Shopping Centre, High St, Sittingbourne ME10 3DL
- **Thursday 3 October 2019, 10am to 12pm**
Main entrance, Medway Maritime Hospital
- **Thursday 14 November 2019, 10am to 12pm**
Morrisons, 1 Knight Rd, Rochester ME2 2AQ

Become a member

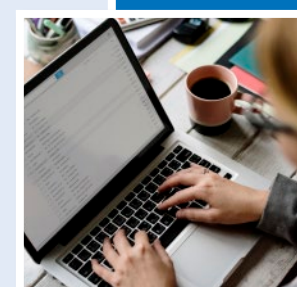
You can receive regular information and updates about the hospital, member events and how you can get involved by applying online to become a member at www.medway.nhs.uk/membership. Membership is free.



Email is the way forward...

As part of the drive towards a paperless NHS, we now primarily communicate with our members through email. This helps us to save postage costs, which we can then redirect into patient care. It also helps us to communicate more efficiently with you. If you haven't already done so, please share your email address with us so that you don't miss out on the latest happenings at your local hospital.

Send your email address to met-tr.members-medway@nhs.net



Focus on....

Meniere's disease

In this edition of News@Medway we delve deeper into a lesser-known medical condition and answer some key question about the invisible disease, Menieres.

Q What is Meniere's disease?

A Meniere's disease is a long term, progressive condition affecting the balance and hearing parts of the inner ear.

Q How is it diagnosed?

A In order to diagnose Meniere's disease, there must be evidence of:

- Two episodes of vertigo, each lasting 20 minutes or more (but not longer than 12 hours)
- Hearing loss, confirmed by a hearing test
- Tinnitus

It is important to exclude many other possible causes of the symptoms.

Q What are the main symptoms?

A Symptoms are acute attacks of vertigo (severe dizziness), nausea and/or vomiting, tinnitus, increasing deafness, and a feeling of pressure in the ear.

The symptoms, which can all happen at once, can last from minutes to hours and it may take a day or two for the symptoms to disappear.

Q Who is affected? How many people suffer with Meniere's?

A Meniere's disease can affect people of any age, although people in their 40s and 50s are much more likely to experience it. It is uncommon in children. Meniere's is a relatively rare condition with around just 160,000 sufferers in the UK.

Q What causes it?

A The cause of Meniere's disease isn't known, but many factors are thought to be involved in the development of the condition, such as changes to the fluid in tubes of the inner ear, autoimmune disease, allergies, and genetics.

Q Is it hereditary?

A About one in three patients with Menieres disease have a first-degree relative with the condition, however, most cases are sporadic, which means they occur in people with no history of the disorder in their family.

Q Can it be cured? If not, how is it treated?

A No cure exists for Meniere's disease but a number of treatments can help reduce the severity and frequency of episodes/attacks.

There are two medicines which are generally prescribed to help treat nausea and vomiting but people with Meniere's may also be offered counselling, relaxation therapy and, in some cases, surgery. Patients are also encouraged to make lifestyle changes to avoid triggering a vertigo attack, such as limiting salt, caffeine, alcohol and tobacco.



You can find out more about Meniere's disease by visiting:
www.nhs.uk/conditions/menieres-disease

Your Puzzle Challenge

Quiz Of The Day

1. In 2012 Nick Hewer took over from whom as presenter of TV's Countdown?
2. Which Bruce Springsteen song mentions James Dean and Burt Reynolds?
3. The badge of which car manufacturer contains a red cross on a white background in one half, and a serpent devouring a human figure in the other?
4. Which children's character is the best-known creation of writer Astrid Lindgren?
5. Who was US president when Neil Armstrong walked on the moon?
6. La Serenissima is the nickname of which Italian city?
7. Which Peter Gabriel song's video won a record nine MTV Video Music Awards in 1987?
8. Kharkiv is the second largest city by population in which country?
9. What is the name of the hooked staff carried by a bishop as a symbol of office?
10. What was the name of the show, a spin-off from Friends, that provided a starring role for Matt LeBlanc?

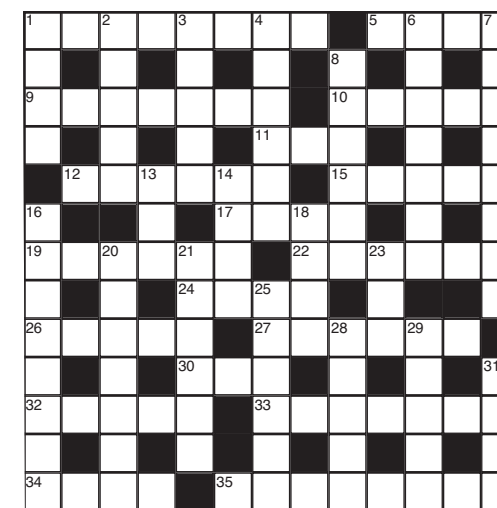
Quick Crossword

Across

1. Type of winch (8)
5. Fearless (4)
9. Entourage (7)
10. Self-evident truth (5)
11. Gear (3)
12. Opportunity (6)
15. US author (5)
17. As well (4)
19. Shellfish (6)
22. Halogen element (6)
24. Blemish (4)
26. Place firmly (5)
27. Attached shed (4-2)
30. Conjunction (3)
32. Brute (anag.) (5)
33. Unfriendly (7)
34. Told untruths (4)
35. Airy (8)

Down

1. Unit of language (4)
2. Nick (5)
3. Fabric (5)
4. Israeli currency (6)
6. Japanese paper art (7)
7. Unbalanced (8)
8. Military display (6)
13. Social insect (3)
14. Freshwater fish (4)
16. Non-commissioned officer (8)
18. Location (4)
20. Shuffle (7)
21. Landed property (6)
23. Lair (3)
25. Outmoded (3-3)
28. Gangway (5)
29. String (5)
31. Prison room (4)



Sudoku

There is just one simple rule. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box. This is a logic puzzle, and you should not have to guess.



Transformer

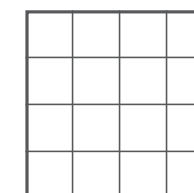
Add the given letter or letters to the first word to make a new word. **Clue:** Grumble at extending one's hold.

___ + E = ___ E

Magic Square

CANNOT CREATE CORE

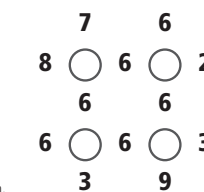
Using all 16 letters of the sentence above, form four words each of four letters which will form a magic square in which the words can be read both horizontally and vertically.



Equaliser

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.



Solutions

QUIZ OF THE DAY:
1. Countdown; 2. Cadillac Ranch; 3. Alfa Romeo; 4. Pippa Longstocking; 5. Richard Nixon; 6. Venice; 7. Stegobrahmer; 8. Ukraine; 9. Reimann; 10. Axiom; 11. Kit; 12. Chance; 13. Den; 14. Hat; 15. Shamble; 16. Old; 17. Estate; 18. Sire; 19. Windlass; 20. Corporeal; 21. Amt; 22. Cap; 23. Lattico; 24. Demerol; 25. Linen; 26. Shetland; 27. Clockwise from top left; 28. Notch; 29. Crozier; 30. Jockey; 31. Shegobrahmer; 32. Reimann; 33. Hostile; 34. Plant; 35. Lean-to; 36. Spot; 37. Jockey; 38. Chance; 39. Den; 40. Hat; 41. Shamble; 42. Old; 43. Estate; 44. Sire; 45. Windlass; 46. Corporeal; 47. Amt; 48. Cap; 49. Lattico; 50. Demerol; 51. Linen; 52. Shetland; 53. Clockwise from top left; 54. Notch; 55. Crozier; 56. Jockey; 57. Shegobrahmer; 58. Ukraine; 59. Reimann; 60. Axiom; 61. Kit; 62. Chance; 63. Den; 64. Hat; 65. Shamble; 66. Old; 67. Estate; 68. Sire; 69. Windlass; 70. Corporeal; 71. Amt; 72. Cap; 73. Lattico; 74. Demerol; 75. Linen; 76. Shetland; 77. Clockwise from top left; 78. Notch; 79. Crozier; 80. Jockey; 81. Shegobrahmer; 82. Ukraine; 83. Reimann; 84. Axiom; 85. Kit; 86. Chance; 87. Den; 88. Hat; 89. Shamble; 90. Old; 91. Estate; 92. Sire; 93. Windlass; 94. Corporeal; 95. Amt; 96. Cap; 97. Lattico; 98. Demerol; 99. Linen; 100. Shetland; 101. Clockwise from top left; 102. Notch; 103. Crozier; 104. Jockey; 105. Shegobrahmer; 106. Ukraine; 107. Reimann; 108. Axiom; 109. Kit; 110. Chance; 111. Den; 112. Hat; 113. Shamble; 114. Old; 115. Estate; 116. Sire; 117. Windlass; 118. Corporeal; 119. Amt; 120. Cap; 121. Lattico; 122. Demerol; 123. Linen; 124. Shetland; 125. Clockwise from top left; 126. Notch; 127. Crozier; 128. Jockey; 129. Shegobrahmer; 130. Ukraine; 131. Reimann; 132. Axiom; 133. Kit; 134. Chance; 135. Den; 136. Hat; 137. Shamble; 138. Old; 139. Estate; 140. Sire; 141. Windlass; 142. Corporeal; 143. Amt; 144. Cap; 145. Lattico; 146. Demerol; 147. Linen; 148. Shetland; 149. Clockwise from top left; 150. Notch; 151. Crozier; 152. Jockey; 153. Shegobrahmer; 154. Ukraine; 155. Reimann; 156. Axiom; 157. Kit; 158. Chance; 159. Den; 160. Hat; 161. Shamble; 162. Old; 163. Estate; 164. Sire; 165. Windlass; 166. Corporeal; 167. Amt; 168. Cap; 169. Lattico; 170. Demerol; 171. Linen; 172. Shetland; 173. Clockwise from top left; 174. Notch; 175. Crozier; 176. Jockey; 177. Shegobrahmer; 178. Ukraine; 179. Reimann; 180. Axiom; 181. Kit; 182. Chance; 183. Den; 184. Hat; 185. Shamble; 186. Old; 187. Estate; 188. Sire; 189. Windlass; 190. Corporeal; 191. Amt; 192. Cap; 193. Lattico; 194. Demerol; 195. Linen; 196. Shetland; 197. Clockwise from top left; 198. Notch; 199. Crozier; 200. Jockey; 201. Shegobrahmer; 202. Ukraine; 203. Reimann; 204. Axiom; 205. Kit; 206. Chance; 207. Den; 208. Hat; 209. Shamble; 210. Old; 211. Estate; 212. Sire; 213. Windlass; 214. Corporeal; 215. Amt; 216. Cap; 217. Lattico; 218. Demerol; 219. Linen; 220. Shetland; 221. Clockwise from top left; 222. Notch; 223. Crozier; 224. Jockey; 225. Shegobrahmer; 226. Ukraine; 227. Reimann; 228. Axiom; 229. Kit; 230. Chance; 231. Den; 232. Hat; 233. Shamble; 234. Old; 235. Estate; 236. Sire; 237. Windlass; 238. Corporeal; 239. Amt; 240. Cap; 241. Lattico; 242. Demerol; 243. Linen; 244. Shetland; 245. Clockwise from top left; 246. Notch; 247. Crozier; 248. Jockey; 249. Shegobrahmer; 250. Ukraine; 251. Reimann; 252. Axiom; 253. Kit; 254. Chance; 255. Den; 256. Hat; 257. Shamble; 258. Old; 259. Estate; 260. Sire; 261. Windlass; 262. Corporeal; 263. Amt; 264. Cap; 265. Lattico; 266. Demerol; 267. Linen; 268. Shetland; 269. Clockwise from top left; 270. Notch; 271. Crozier; 272. Jockey; 273. Shegobrahmer; 274. Ukraine; 275. Reimann; 276. Axiom; 277. Kit; 278. Chance; 279. Den; 280. Hat; 281. Shamble; 282. Old; 283. Estate; 284. Sire; 285. Windlass; 286. Corporeal; 287. Amt; 288. Cap; 289. Lattico; 290. Demerol; 291. Linen; 292. Shetland; 293. Clockwise from top left; 294. Notch; 295. Crozier; 296. Jockey; 297. Shegobrahmer; 298. Ukraine; 299. Reimann; 300. Axiom; 301. Kit; 302. Chance; 303. Den; 304. Hat; 305. Shamble; 306. Old; 307. Estate; 308. Sire; 309. Windlass; 310. Corporeal; 311. Amt; 312. Cap; 313. Lattico; 314. Demerol; 315. Linen; 316. Shetland; 317. Clockwise from top left; 318. Notch; 319. Crozier; 320. Jockey; 321. Shegobrahmer; 322. Ukraine; 323. Reimann; 324. Axiom; 325. Kit; 326. Chance; 327. Den; 328. Hat; 329. Shamble; 330. Old; 331. Estate; 332. Sire; 333. Windlass; 334. Corporeal; 335. Amt; 336. Cap; 337. Lattico; 338. Demerol; 339. Linen; 340. Shetland; 341. Clockwise from top left; 342. Notch; 343. Crozier; 344. Jockey; 345. Shegobrahmer; 346. Ukraine; 347. Reimann; 348. Axiom; 349. Kit; 350. Chance; 351. Den; 352. Hat; 353. Shamble; 354. Old; 355. Estate; 356. Sire; 357. Windlass; 358. Corporeal; 359. Amt; 360. Cap; 361. Lattico; 362. Demerol; 363. Linen; 364. Shetland; 365. Clockwise from top left; 366. Notch; 367. Crozier; 368. Jockey; 369. Shegobrahmer; 370. Ukraine; 371. Reimann; 372. Axiom; 373. Kit; 374. Chance; 375. Den; 376. Hat; 377. Shamble; 378. Old; 379. Estate; 380. Sire; 381. Windlass; 382. Corporeal; 383. Amt; 384. Cap; 385. Lattico; 386. Demerol; 387. Linen; 388. Shetland; 389. Clockwise from top left; 390. Notch; 391. Crozier; 392. Jockey; 393. Shegobrahmer; 394. Ukraine; 395. Reimann; 396. Axiom; 397. Kit; 398. Chance; 399. Den; 400. Hat; 401. Shamble; 402. Old; 403. Estate; 404. Sire; 405. Windlass; 406. Corporeal; 407. Amt; 408. Cap; 409. Lattico; 410. Demerol; 411. Linen; 412. Shetland; 413. Clockwise from top left; 414. Notch; 415. Crozier; 416. Jockey; 417. Shegobrahmer; 418. Ukraine; 419. Reimann; 420. Axiom; 421. Kit; 422. Chance; 423. Den; 424. Hat; 425. Shamble; 426. Old; 427. Estate; 428. Sire; 429. Windlass; 430. Corporeal; 431. Amt; 432. Cap; 433. Lattico; 434. Demerol; 435. Linen; 436. Shetland; 437. Clockwise from top left; 438. Notch; 439. Crozier; 440. Jockey; 441. Shegobrahmer; 442. Ukraine; 443. Reimann; 444. Axiom; 445. Kit; 446. Chance; 447. Den; 448. Hat; 449. Shamble; 450. Old; 451. Estate; 452. Sire; 453. Windlass; 454. Corporeal; 455. Amt; 456. Cap; 457. Lattico; 458. Demerol; 459. Linen; 460. Shetland; 461. Clockwise from top left; 462. Notch; 463. Crozier; 464. Jockey; 465. Shegobrahmer; 466. Ukraine; 467. Reimann; 468. Axiom; 469. Kit; 470. Chance; 471. Den; 472. Hat; 473. Shamble; 474. Old; 475. Estate; 476. Sire; 477. Windlass; 478. Corporeal; 479. Amt; 480. Cap; 481. Lattico; 482. Demerol; 483. Linen; 484. Shetland; 485. Clockwise from top left; 486. Notch; 487. Crozier; 488. Jockey; 489. Shegobrahmer; 490. Ukraine; 491. Reimann; 492. Axiom; 493. Kit; 494. Chance; 495. Den; 496. Hat; 497. Shamble; 498. Old; 499. Estate; 500. Sire; 501. Windlass; 502. Corporeal; 503. Amt; 504. Cap; 505. Lattico; 506. Demerol; 507. Linen; 508. Shetland; 509. Clockwise from top left; 510. Notch; 511. Crozier; 512. Jockey; 513. Shegobrahmer; 514. Ukraine; 515. Reimann; 516. Axiom; 517. Kit; 518. Chance; 519. Den; 520. Hat; 521. Shamble; 522. Old; 523. Estate; 524. Sire; 525. Windlass; 526. Corporeal; 527. Amt; 528. Cap; 529. Lattico; 530. Demerol; 531. Linen; 532. Shetland; 533. Clockwise from top left; 534. Notch; 535. Crozier; 536. Jockey; 537. Shegobrahmer; 538. Ukraine; 539. Reimann; 540. Axiom; 541. Kit; 542. Chance; 543. Den; 544. Hat; 545. Shamble; 546. Old; 547. Estate; 548. Sire; 549. Windlass; 550. Corporeal; 551. Amt; 552. Cap; 553. Lattico; 554. Demerol; 555. Linen; 556. Shetland; 557. Clockwise from top left; 558. Notch; 559. Crozier; 560. Jockey; 561. Shegobrahmer; 562. Ukraine; 563. Reimann; 564. Axiom; 565. Kit; 566. Chance; 567. Den; 568. Hat; 569. Shamble; 570. Old; 571. Estate; 572. Sire; 573. Windlass; 574. Corporeal; 575. Amt; 576. Cap; 577. Lattico; 578. Demerol; 579. Linen; 580. Shetland; 581. Clockwise from top left; 582. Notch; 583. Crozier; 584. Jockey; 585. Shegobrahmer; 586. Ukraine; 587. Reimann; 588. Axiom; 589. Kit; 590. Chance; 591. Den; 592. Hat; 593. Shamble; 594. Old; 595. Estate; 596. Sire; 597. Windlass; 598. Corporeal; 599. Amt; 600. Cap; 601. Lattico; 602. Demerol; 603. Linen; 604. Shetland; 605. Clockwise from top left; 606. Notch; 607. Crozier; 608. Jockey; 609. Shegobrahmer; 610. Ukraine; 611. Reimann; 612. Axiom; 613. Kit; 614. Chance; 615. Den; 616. Hat; 617. Shamble; 618. Old; 619. Estate; 620. Sire; 621. Windlass; 622. Corporeal; 623. Amt; 624. Cap; 625. Lattico; 626. Demerol; 627. Linen; 628. Shetland; 629. Clockwise from top left; 630. Notch; 631. Crozier; 632. Jockey; 633. Shegobrahmer; 634. Ukraine; 635. Reimann; 636. Axiom; 637. Kit; 638. Chance; 639. Den; 640. Hat; 641. Shamble; 642. Old; 643. Estate; 644. Sire; 645. Windlass; 646. Corporeal; 647. Amt; 648. Cap; 649. Lattico; 650. Demerol; 651. Linen; 652. Shetland; 653. Clockwise from top left; 654. Notch; 655. Crozier; 656. Jockey; 657. Shegobrahmer; 658. Ukraine; 659. Reimann; 660. Axiom; 661. Kit; 662. Chance; 663. Den; 664. Hat; 665. Shamble; 666. Old; 667. Estate; 668. Sire; 669. Windlass; 670. Corporeal; 671. Amt; 672. Cap; 673. Lattico; 674. Demerol; 675. Linen; 676. Shetland; 677. Clockwise from top left; 678. Notch; 679. Crozier; 680. Jockey; 681. Shegobrahmer; 682. Ukraine; 683. Reimann; 684. Axiom; 685. Kit; 686. Chance; 687. Den; 688. Hat; 689. Shamble; 690. Old; 691. Estate; 692. Sire; 693. Windlass; 694. Corporeal; 695. Amt; 696. Cap; 697. Lattico; 698. Demerol; 699. Linen; 700. Shetland; 701. Clockwise from top left; 702. Notch; 703. Crozier; 704. Jockey; 705. Shegobrahmer; 706. Ukraine; 707. Reimann; 708. Axiom; 709. Kit; 710. Chance; 711. Den; 712. Hat; 713. Shamble; 714. Old; 715. Estate; 716. Sire; 717. Windlass; 718. Corporeal; 719. Amt; 720. Cap; 721. Lattico; 722. Demerol; 723. Linen; 724. Shetland; 725. Clockwise from top left; 726. Notch; 727. Crozier; 728. Jockey; 729. Shegobrahmer; 730. Ukraine; 731. Reimann; 732. Axiom; 733. Kit; 734. Chance; 735. Den; 736. Hat; 737. Shamble; 738. Old; 739. Estate; 740. Sire; 741. Windlass; 742. Corporeal; 743. Amt; 744. Cap; 745. Lattico; 746. Demerol; 747. Linen; 748. Shetland; 749. Clockwise from top left; 750. Notch; 751. Crozier; 752. Jockey; 753. Shegobrahmer; 754. Ukraine; 755. Reimann; 756. Axiom; 757. Kit; 758. Chance; 759. Den; 760. Hat; 761. Shamble; 762. Old; 763. Estate; 764. Sire; 765. Windlass; 766. Corporeal; 767. Amt; 768. Cap; 769. Lattico; 770. Demerol; 771. Linen; 772. Shetland; 773. Clockwise from top left; 774. Notch; 775. Crozier; 776. Jockey; 777. Shegobrahmer; 778. Ukraine; 779. Reimann; 780. Axiom; 781. Kit; 782. Chance; 783. Den; 784. Hat; 785. Shamble; 786. Old; 787. Estate; 788. Sire; 789. Windlass; 790. Corporeal; 791. Amt; 792. Cap; 793. Lattico; 794. Demerol; 795. Linen; 796. Shetland; 797. Clockwise from top left; 798. Notch; 799. Crozier; 800. Jockey; 801. Shegobrahmer; 802. Ukraine; 803. Reimann; 804. Axiom; 805. Kit; 806. Chance; 807. Den; 808. Hat; 809. Shamble; 810. Old; 811. Estate; 812. Sire; 813. Windlass; 814. Corporeal; 815. Amt; 816. Cap; 817. Lattico; 818. Demerol; 819. Linen; 820. Shetland; 821. Clockwise from top left; 822. Notch; 823. Crozier; 824. Jockey; 825. Shegobrahmer; 826. Ukraine; 827. Reimann; 828. Axiom; 829. Kit; 830. Chance; 831. Den; 832. Hat; 833. Shamble; 834. Old; 835. Estate; 836. Sire; 837. Windlass; 838. Corporeal; 839. Amt; 840. Cap; 841. Lattico; 842. Demerol; 843. Linen; 844. Shetland; 845. Clockwise from top left; 846. Notch; 847. Crozier; 848. Jockey; 849. Shegobrahmer; 850. Ukraine; 851. Reimann; 852. Axiom; 853. Kit; 854. Chance; 855. Den; 856. Hat; 857. Shamble; 858. Old; 859. Estate; 860. Sire; 861. Windlass; 862. Corporeal; 863. Amt; 864. Cap; 865. Lattico; 866. Demerol; 867. Linen; 868. Shetland; 869. Clockwise from top left; 870. Notch; 871. Crozier; 872. Jockey; 873. Shegobrahmer; 874. Ukraine; 875. Reimann; 876. Axiom; 877. Kit; 878. Chance; 879. Den; 880. Hat; 881. Shamble; 882. Old; 883. Estate; 884. Sire; 885. Windlass; 886. Corporeal; 887. Amt; 888. Cap; 889. Lattico; 890. Demerol; 891. Linen; 892. Shetland; 893. Clockwise from top left; 894. Notch; 895. Crozier; 896. Jockey; 897. Shegobrahmer; 898. Ukraine; 899. Reimann; 900. Axiom; 901. Kit; 902. Chance; 903. Den; 904. Hat; 905. Shamble; 906. Old; 907. Estate; 908. Sire; 909. Windlass; 910. Corporeal; 911. Amt; 912. Cap; 913. Lattico; 914. Demerol; 915. Linen; 916. Shetland; 917. Clockwise from top left; 918. Notch; 919. Crozier; 920. Jockey; 921. Shegobrahmer; 922. Ukraine; 923. Reimann; 924. Axiom; 925. Kit; 926. Chance; 927. Den; 928. Hat; 929. Shamble; 930. Old; 931. Estate; 932. Sire; 933. Windlass; 934. Corporeal; 935. Amt; 936. Cap; 937. Lattico; 938. Demerol; 939. Linen; 940. Shetland; 941. Clockwise from top left; 942. Notch; 943. Crozier; 944. Jockey; 945. Shegobrahmer; 946. Ukraine; 947. Reimann; 948. Axiom; 949. Kit; 950. Chance; 951. Den; 952. Hat; 953. Shamble; 954. Old; 955. Estate; 956. Sire; 957. Windlass; 958. Corporeal; 959. Amt; 960. Cap; 961. Lattico; 962. Demerol; 963. Linen; 964. Shetland; 965. Clockwise from top left; 966. Notch; 967. Crozier; 968. Jockey; 969. Shegobrahmer; 970. Ukraine; 971. Reimann; 972. Axiom; 973. Kit; 974. Chance; 975. Den; 976. Hat; 977. Shamble; 978. Old; 979. Estate; 980. Sire; 981. Windlass; 982. Corporeal; 983. Amt; 984. Cap; 985. Lattico; 986. Demerol; 987. Linen; 988. Shetland; 989. Clockwise from top left; 990. Notch; 991. Crozier; 992. Jockey; 993. Shegobrahmer; 994. Ukraine; 995. Reimann; 996. Axiom; 997. Kit; 998. Chance; 999. Den; 1000. Hat; 1001. Shamble; 1002. Old; 1003. Estate; 1004. Sire; 1005. Windlass; 1006. Corporeal; 1007. Amt; 1008. Cap; 1009. Lattico; 1010. Demerol; 1011. Linen; 1012. Shetland; 1013. Clockwise from top left; 1014. Notch; 1015. Crozier; 1016. Jockey; 1017. Shegobrahmer; 1018. Ukraine; 1019. Reimann; 1020. Axiom; 1021. Kit; 1022. Chance; 1023. Den; 1024. Hat; 1025. Shamble; 1026. Old; 1027. Estate; 1028. Sire; 1029. Windlass; 1030. Corporeal; 1031. Amt; 1032. Cap; 1033. Lattico; 1034. Demerol; 1035. Linen; 1036. Shetland; 1037. Clockwise from top left; 1038. Notch; 1039. Crozier; 1040. Jockey; 1041. Shegobrahmer; 1042. Ukraine; 1043. Reimann; 1044. Axiom; 1045. Kit; 1046. Chance; 1047. Den; 1048. Hat; 1049. Shamble; 1050. Old; 1051. Estate; 1052. Sire; 1053. Windlass; 1054. Corporeal; 1055. Amt; 1056. Cap; 1057. Lattico; 1058. Demerol; 1059. Linen; 1060. Shetland; 1061. Clockwise from top left; 1062. Notch; 1063. Crozier; 1064. Jockey; 1065. Shegobrahmer; 1066. Ukraine; 1067. Reimann; 1068. Axiom; 1069. Kit; 1070. Chance; 1071. Den; 1072. Hat; 1073. Shamble; 1074. Old; 1075. Estate; 1076. Sire; 1077. Windlass; 1078. Corporeal; 1079. Amt; 1080. Cap; 1081. Lattico; 1082. Demerol; 1083. Linen; 1084. Shetland; 1085. Clockwise from top left; 1086. Notch; 1087. Crozier; 1088. Jockey; 1089. Shegobrahmer; 1090. Ukraine; 1091. Reimann; 1092. Axiom; 1093. Kit; 1094. Chance; 1095. Den; 1096. Hat; 1097. Shamble; 1098. Old; 1099. Estate; 1100. Sire; 1101. Windlass; 1102. Corporeal; 1103. Amt; 1104. Cap; 1105.

Hello Summer



☀ Keep in touch

- Look after yourself, older people and the young
- Listen to the weather forecast and the news
- Plan ahead to avoid the heat

☀ Keep well

- Drink plenty of water, cut back on alcohol and caffeinated drinks
- Dress appropriately for the weather
- Slow down when it is hot

☀ Find somewhere cool

- Know how to keep your home cool
- Go indoors or outdoors, whichever feels cooler
- Cars get hot, avoid closed spaces

☀ Watch out

- Be on the lookout for signs of heat related illness
- Cool your skin with water, slow down and drink water
- Stay safe when swimming
- Get help. Call NHS 111 or in an emergency 999

For more information go to
www.nhs.uk/heatwave



Information taken from
Public Health England's (PHE)
'Beat the Heat' campaign