

February: e-newsletter for Members

Dear Member,

This week is Tinnitus Awareness Week we're urging people to stand 'Together for Tinnitus', with the aim of generating discussion about tinnitus and raise awareness of the work being carried out and support provided by the British Tinnitus Association and other services across the UK year.

Today the NUH Audiology team and researchers from the Nottingham Hearing Biomedical Research Unit will be at the Riverside Bulwell centre until 3pm. They will be on hand to answer questions about tinnitus and will have information on new resources available. Amongst other things they will be showcasing the British Tinnitus Associations new online resource for patients and professionals. To get involved in the cause, join the British Tinnitus Association 'thunderclap' visit the website [here](#) for details. If you are interested in tinnitus and wish to find out more please email our team at audiology@nuh.nhs.uk

If you have any questions about membership, do contact me directly at: ft@nuh.nhs.uk or 0115 924 9924 x. 63953.

Aimi McCaffery
Communications & Engagement Officer

Medicine for Members events

Focus on your Heart

22 February, Seminar Room, Trent Cardiac Centre. Nottingham City Hospital.
10am -12pm.

Members are invited to meet representatives from our Cardiac Surgery and Cardiology teams to hear about service developments and the latest innovations. This includes Mitral Valve surgery where NUH are leading the field in the region. The event will be held at the Trent Cardiac Centre which opened in 2005 and houses;

- Two catheter laboratories to view and treat artery and heart chamber problems
- Echocardiography facilities which uses sonic imaging via the oesophagus
- Two cardiac operating theatres
- Specialist surgical wards
- Dedicated intensive care and high dependency units.

Meet Maggie's

14 March, Maggie's Centre, Nottingham City Hospital. 4pm – 6pm

Maggie's Nottingham is based in the grounds of the City Hospital and has been open since November 2011. It is one of 20 Maggie's centres operating in the UK.

Centre Head Kate Martin warmly invites members to the Centre to learn more about how Maggie's unique approach to cancer care has helped support hundreds of thousands of people affected by cancer in the UK.

This event will consist of a tour of this unique building and a presentation, talk and Q&A on the history of Maggie's Centres by Kate. This will be followed by an opportunity to experience first-hand the benefits of relaxation by our Cancer Support Specialist Sonja Zadora-Chrzastowska. Fundraising Manager Liz Credgington will also be on hand to answer questions.

If you have not already confirmed your place at an event please do so by emailing ft@nuh.nhs.uk or calling 0115 9249924 x63953.

The changing face of health and social care (Notts Sustainability and Transformation Plan)

Our Chief Executive, Peter Homa, hosted a session on 31 January to update members and patients on NUH's 2-year strategic plan, which sets out the Trust's priorities over the coming years.

NUH's plan also describes how the Trust will contribute to the delivery of the recently-published Nottinghamshire Sustainability Transformation Plan (STP). The STP is the five-year plan that describes the future strategy for health and social care in our city and county. The plan considers how we can best improve the quality of care, the health and wellbeing of local people, and the finances of local services. The meeting was an opportunity to ask questions about the NUH plans and the STP and for members to have their say on the delivery of future health and social care services our community.

Please see presentation from the event here.

Please see Questions and Answers from the event here.

There are several public events taking place this month where you can hear about the STP, raise questions and give feedback;

Thursday 9 February 2017 6-8pm

Newark Town Hall, Market Place, Newark on Trent NG24 1DU

Friday 10 February 2017 2-4pm

Mansfield Central Library, Four Seasons Centre, West Gate, Mansfield NG18 1NH

Wednesday 22 February 2017 5-7pm

Council House, Market Square, Nottingham NG1 2DT

To register your interest in attending any of the events above please call Rosie Atkin on 0115 883 5159 or email Rosie.Atkin@notts.nhs.uk
Please let us know if you have any specific access requirements.

Volunteers needed for the Nottingham University Hospital Readers Panel

Do you have an eye for detail and a good understanding of how to communicate to patients and carers in writing?

The NUH Readers Panel are a group of members of the public who have volunteered to receive draft copies of the information leaflets NUH publishes for patients and carers, to read them and help make sure they are clear and easy to understand for all readers.

The Readers Panel helps NUH to produce high quality leaflets, and is a vital part of our work in retaining the NHS England Information Standard for patient information. Panel members typically receive around one or two leaflets per month (either by post or email) to read and submit their comments back to the patient information office – there are no other commitments.

The Readers Panel is always looking for new members of all ages and backgrounds. If you are interested in joining, or would like to find out more, please contact the patient information office by email patientinformation@nuh.nhs.uk or call on 0115 924 9924 ext. 67184.

8 simple steps to keep you safe during your stay in hospital

If you have to stay in hospital for any length of time we want to make sure that you are safe. NUH have published an interactive web page called 8 steps to safety which contains patient safety information (leaflets, podcasts and videos) and can be found here www.nuh.nhs.uk/8-steps-to-safety/

The web page includes a range of information from preventing falls, blood clots and infection to how to access information if you have any concerns during your stay and a check list of what you should know before you leave.

Monthly e-update for Stakeholders

Please read February news from NUH for stakeholders [here](#).

Could you spare a few hours a day or month to support the League of Friends QMC?

The League of Friends of QMC is a registered charity that supports patients and staff at QMC in particular and the NUH Trust. We raise funds and invite applications from

Departments and Wards for money to purchase items of equipment or materials which ordinarily their budget and other sources can't provide. We have an Art Gallery on QMC's D Floor and a shop in Keyworth that raises most of our money which are both staffed by volunteers and we gratefully receive donations and other contributions from other sources.

We have an urgent need for volunteers to help at our Art Gallery and volunteers to help coordinate the clothing donations to the Discharge Lounge. If this is something you think you would like to help us with, please get in touch with Mrs. Barbara Jarratt, Membership Secretary, on 0115 925 9486 or andrew.jarratt@live.co.uk

Latest news from NUH

For more news stories [please visit our website here.](#)

Many thanks for continuing to support our hospitals. If you have any queries or comments regarding membership then please email us at ft@nuh.nhs.uk

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