LEAGUE OF FRIENDS of THE QUEEN’S MEDICAL CENTRE
NOTTINGHAM

Newsletter – Autumn 2013

N Spine 2013 – A Unique Partnership with the QMC League of Friends

The Centre for Spinal Studies and Surgery at Queen’s Medical Centre ran a four day course in Nottingham in September studying the thoracolumbar spine. The first three days were aimed at healthcare professionals involved in the treatment of various spinal conditions. The fourth day was an Open Day, sponsored by QMC League of Friends, to consult with and empower patients.

On Friday 6th September to mark this prestigious event, an inaugural President’s Dinner was held at Colwick Hall. The principal speaker was Bronek Boszczyk, Head of Spinal Surgery and the Joint Chairman of NSpine. The response was given by Peter Homa, Chief Executive of Nottingham University Hospitals NHS Trust.

An exhibition of paintings chosen from the QMC Art Gallery was auctioned after the dinner. Several paintings were sold including one purchased by the Lady Mayoress who donated the picture to the Skylarks Nursing home.

Esther Ashkenazi, Chairman of the Art Gallery with Bertie Pinchera, Chairman of the League of Friends

The League of Friends Art Gallery is situated on D Floor West Block, opposite the Queen’s Restaurant and is open 24 hours a day. It is well worth a visit, as local artists and Craft specialists exhibit and sell their work on a basis of 20% commission payable to the League of Friends of QMC. This has raised £110,000 since inception.
Message from Bertie Pinchera,
Chairman of QMC League of Friends

It has been a busy few months for the League as we prepared and held our inaugural President’s dinner attended by the Lord Mayor and Lady Mayoress of Nottingham and sponsored the Patients’ Day of another new venture for Nottingham, the NSpine Conference. More on these two events are covered elsewhere in this newsletter.

The Trustees have given careful consideration to the future direction for the League recognising it is a successful organisation run entirely by volunteers for the benefit of patients and staff of Queens Medical Centre in particular and Nottingham Hospitals in general. The plan for 2013-2016 is published on our website www.nuh.uk/working-with-us/volunteering/league-of-friends.

Our success comes from committed volunteers, whether doing a shift in the shop, holding fundraising events, visiting wards or departments or even being a Trustee. All of this requires dedicated time and not a little expertise.

If we are to continue with our work, then it’s important to communicate what we are doing to a wide audience and constantly look to attract others who like what we do and how we do it, and would like to help in whatever way they can. Many people in the hospital are unaware of who we are and what we do, for we are just one of a number of voluntary groups operating within the hospital. Much of our work goes unnoticed as we are modest about our achievements and do not feel the need to shout about it to others.

However, the Trustees concluded that over the next few years we would build on our successes and focus attention on making both staff and patients within the hospital more aware of who we are and what we do. There are of course limits to our capacity, but we are really only constrained by the capacity of our volunteers, and the more who wish to work with us, the more we can achieve. QMC can use us more and we need to explain to staff how we can help by supporting them with their own ambitions. By understanding what they want to achieve for their patients the more effective the League can be.

The NHS has never been under more pressure than now and change is now a constant way of life. If those of us who care about its future and that of QMC in particular, and want to help in our own small but important way, the League can help channel everyone’s efforts to ensure we punch well above our weight. The next few years will be difficult for us all but there is more we can do to help if more were made aware of what we can achieve and would like to help. Keep watching our newsletters for forthcoming activities and get involved if you can.

We and QMC need your help more than ever.
**IMPS- Injury Minimisation Programme for Schools**

Anne-Marie, the Nottingham IMPS Co-ordinator has written in appreciation of the League. She says: IMPS have now taught 35,000 children essential lifesaving skills thanks to the kind donations of equipment from the League of Friends. The manikins have been put to very good use. In particular the donation of a defibrillator and manikin has meant that we are now also showing the children how to use the equipment in their community.

**Funding by the League**

The following bids for money from the League from September 2012 to August 2013 have been met.

- £7,500 to sponsor a Patient’s Day and attendance by nursing staff at a four day conference held by N Spine in Nottingham in September
- £80 on a training day for four nurses at Kings Mill Hospital
- £2,246 for two FlexVannmobile trollies for Ward B3
- £555 for 24 bottles of blowing bubbles for Children’s Physiotherapy
- £270 for a fish tank and accessories for the Maxillofacial X Ray dept.
- £2,500 to Guru Aithal, Professor of Gastroenterology in response to a lecture given in June 2013 for his department.
- £7250 for Ward D8(spinal) to create a multidisciplinary room
- £2,394 to Cardiology West for four Cardicall Monitors
- £8,000 to sponsor two Roosevelt scholars for 2013
- £2500 to Professor Jim Lowe following a lecture in April 2013 for equipment for his department
- £2500 to Mr Phil Hollows, Facial Surgeon following a lecture in December 2012 for equipment for his department
- £1,200 to POD for Children’s entertainment for 12months

**Death of Sir Joseph Pope**

Sir Joseph Pope, husband of Lady Evelyn Pope, our late Patron, died in March this year aged 98. Sir Jo took a great interest in the League and recently was shown round the new Children’s Burns and Plastic Unit at QMC to which Lady Evelyn had left a bequest.

**Roosevelt Scholars**

The League is sponsoring two Roosevelt Scholars this year, Dan Walsh, Paediatric Intensive Care Nurse and Sandy Gill, Senior Physiotherapist. They will visit hospitals across the USA for three months from October. Dan will explore the implementation of response teams to improve patient safety while Sandy will be investigating rehabilitation following major trauma and burn injuries. They will present their findings to the hospital and the League of Friends early next year.
Lecture Series

Our popular lecture series continues with a talk every two months by a professional from different departments in the hospital.

In April Professor Jim Lowe, Associate Dean of the Medical School spoke about the training of new doctors. In June Guru Athal, Professor of Gastroenterology, gave a talk “Two sides of the dark – the liver disease epidemic”. This was both alarming, in that it can be one of the silent killers with few if any early symptoms but reassuring that growing awareness is highlighting the dangers. The speaker in August was Mr Bronek Boszczyk, Head of Service, QMC Spinal Unit who discussed problems with the spine. Mr Boszczyk was the Joint Chairman of NSpine and spoke at the conference in September.

Fund Raising Events

The Fashion Show held at the House of Fraser in April raised £595. The Ladies Summer Lunch held at the Country Cottage restaurant in Ruddington in August raised £695 for the League. Both events were well attended and very enjoyable. Thank you for your support.

A Specialist Wine Tasting event held in February raised £500.

Another Fine Wine Tasting evening will be held on Wednesday 30th October at Newdigate House (next door to World Services) Castle Gate. The cost is £25 including a light buffet. For information please contact Gordon Waine, Tel. 0115 923 3373.

News from the Shop – Volunteers needed urgently

The shop continues to thrive with good demand for quality items. For the 12 months to the end of July this year our sales amounted to £59,255. This represents a decline of 3.6% from sales made in the year to July 2012. We are having to work harder to achieve our results in difficult economic conditions, where disposable incomes are under pressure, and where people are inclined to hang on to items they might otherwise have brought to the shop. A serious issue is that we are struggling to attract new volunteers prepared to commit to half a day per week on a consistent basis. We recently held an urgent meeting of volunteers to see how we might deal with the problem of manning the shop for 6 days a week. Friday has become very difficult for all sorts of reasons such as holidaying, poor health, grandparent duties. So, if anyone has time to spare and can manage half a day a week, we would appreciate the help. We can be contacted on 0115 937 4831 or 07766713696 – we should love to hear from you.

For more information about the League and future events please consult our website [www.nuh.nhs.uk/working-with-us/volunteering/league-of-friends](http://www.nuh.nhs.uk/working-with-us/volunteering/league-of-friends)

Alison Scrimshaw, Editor