



UHB Connected

News from Good Hope Hospital

NHS
Good Hope Hospital
Part of University Hospitals Birmingham
NHS Foundation Trust

April 2024

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Chance to share what matters

Good Hope Hospital's first online staff engagement session attracted more than 130 people.

Colleagues were able to ask questions of the senior leadership team and enjoy a Q&A with Charlie Ward-Silvester, Cancer Information and Support Worker, to find out more about her role, and also hear about what's happening at the hospital.

The sessions, called Good Hope Connected, take place every month – all colleagues are encouraged to come along via the invite in their Outlook calendar.

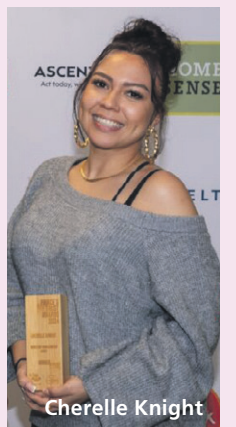
Simon Jarvis, Hospital Executive Director, said: "Our first session was a great opportunity to meet and talk about what matters to us at Good Hope. Speaking to Charlie about her role and the positive impact she has on patients reminded us

why we are all here. I would encourage all my colleagues to attend what is an open, informal and positive conversation."



Honour for young achiever

A young woman who turned her life around to pursue her dream career in the NHS has won a top award.



Cherelle Knight started her career at Solihull Hospital as a healthcare assistant (HCA) and hasn't looked back since. She scooped the Princes Trust's young achiever award, which recognises a young person who has overcome barriers to succeed in work, enabling them to build a more stable and fulfilling life.

She was chosen as the winner for England after completing a Prince's Trust programme, in partnership with University Hospitals Birmingham.

Cherelle said: "It's an amazing feeling! I was surprised when I was told initially – it took a bit of time to sink in."

A single mother of four children, Cherelle had several false starts with the Prince's Trust – signing up for programmes, then panicking and talking herself out of attendance.

However, in 2021, Cherelle attended a Prince's Trust NHS programme and following completion was offered a HCA role at Solihull Hospital, which she started in early 2022.

Cherelle faced many challenges growing up in Birmingham and her mental health suffered. She was initially homeschooled, the youngest child of five and struggled to transition to life at secondary school.

She said: "I felt as though I didn't know how to be around people my age, I didn't know how to socialise. Nobody understood that due to never going to school, I hadn't learned how to mix."

When she was 14, Cherelle attended college and completed several courses. By the age of 20, she had her first child. At 27 Cherelle had four children, but was now a single parent.

Cherelle was recently promoted to a theatre support worker and is now working at Queen Elizabeth Hospital Birmingham.

Find time to take the lead

Volunteers are needed to join a successful programme, that enables colleagues and patients to receive a visit from trained therapy dogs.

Pets in Hospital already organise visits to wards and departments across University Hospital Birmingham NHS Foundation Trust. The visits are a firm favourite with colleagues and patients.

Good Hope Hospital Charity is now looking for its own four-legged volunteers. No experience is needed to volunteer, just a friendly, approachable manner and a love of meeting new people. The charity has a dedicated volunteer co-ordinator to offer support and advice to volunteers.

To keep the scheme going for years to come, the charity is looking for donors to sponsor a dog for £30 a month. The money raised through sponsorship helps the charity to cover the costs of the assessments, training, and equipment needed for the dogs to be able to visit the ward and departments across the Trust.

All dogs participating in Pets in Hospitals as a volunteer must always be accompanied by their owner, be at least three years old and in good health.

To become a Pets in Hospitals volunteer at Good Hope Hospital and to find out more about sponsoring a dog, please scan the QR code.



Left to right: Carole Eaton with her Collie, Chase, Anne Claridge with her Shih Tzu, Bonnie, and Brad Spencer with his Labrador, Lloyd

“
Impressive
experience
from team
”

We receive hundreds of positive messages every month from patients who want to thank our colleagues for the care they have received. We want to make sure our colleagues see that they are appreciated, and that new patients are reassured that they will be cared for by the very best in the profession.

Please note all patient details are anonymised. This compliment comes from a patient who was cared for in the Emergency Department at Good Hope Hospital.

“Having been fortunate enough to avoid an emergency trip to hospital for a number of years myself, I found the recent experience of my elderly mother-in-law at Good Hope Hospital to be not only very interesting but also very impressive.

“She was admitted from her care home early morning, having fallen and banged her head. An ambulance attended promptly and she was assessed and advised to go to hospital. Having been taken to the Ambulance Decision Area (ADA), within twelve hours, she had a CT scan and X-ray with results, blood tests leading to decisions as to how to treat her, and mediation. Her somewhat complex regime of regular medication was also flagged up and acted upon.

“All of this happened because of your dedicated staff. The ADA area was an important part of this process. Along with the efficient use of computerisation and 24/7 care, the NHS is working hard to cope with the complex needs of the public and the diverse range of drugs and treatments that are now available to meet those needs.

“Thank you to all the staff involved in our relative's care – it is truly appreciated.”

If you're a patient who has had a positive experience at any of our hospitals, clinics or community care settings, please tell us about it by emailing: compliments@uhb.nhs.uk

Tributes to 'devoted and committed' clinician

Colleagues have paid tribute to Dr Helen Guy, Consultant Clinical Psychologist and Service Lead for Clinical Health Psychology.

Helen died on 29 January, following a very short illness. She was a devoted and committed clinician, whose expertise in palliative care, oncology and cancer services ensured that patients, teams, and colleagues, benefited from her compassion and skilled psychological care.

She worked in our Clinical Health Psychology team for ten years across UHB sites and became Clinical Health Psychology Service Lead for the team at the start of the pandemic in 2020.

During COVID, Helen and her team supported our acute teams with a range of psychological support offers, as well as ensuring that patient's needs were still being met across the clinical health psychology speciality.

Helen's humanity, love of travel, passionate enjoyment of nature and reassuring smile, will be missed by all who worked with and knew her. Colleagues who worked with Helen have paid tribute to a wonderful colleague and friend

Tracy Wright, Hearing and Balance Therapist, described Helen's death as 'a very sad loss to the world'.

Chris Cutler, Principal Clinical Psychologist, added: "I will very much miss her, but also gratefully remember and take forward all the learning that I got from her."

Clare Green, Specialist Psychotherapist, said: "She was honest, kind, brave, hardworking, and ever thoughtful and wise about the depths of the human mind, body, and heart. We are stunned to lose her, but we will try to continue the good work, with echoes of Helen all around us."

Cathi Showlin, Chief People Officer, added: "Helen was hugely inspirational in the quiet, considered, and compassionate way she went about turning her attention at the start of COVID to supporting our staff, and ensuring that we understood we had to not only act in the moment but to plan for the long-term impact.



Dr Helen Guy, Consultant Clinical Psychologist and Service Lead for Clinical Health Psychology

"I will never forget the massive contribution she made, and at a time when I had only just started in post, she was kind and generous in helping me navigate a new role in extraordinary circumstances and helped me to best help others."

Rebecca Billingsley, Lead Colorectal Clinical Nurse Specialist, said: "Her dedication and passion for teaching peers was palpable. She took pride in her passion to educate staff in realising the importance of psychological support for people affected by cancer."

Gemma Rutter, Principal Clinical Psychologist, said: "I have worked closely with Helen for the past six years. During that time, Helen has been my colleague, my lead, and my friend. Helen had unrivalled dedication and commitment to her work, often going above and beyond for those she was caring for, both patients and staff."

She was a warm and compassionate presence. You knew that she was always holding you in mind and had your best interests at heart. Her guidance, leadership, advocacy, and her warm smile, will be forever missed”

Gemma Rutter
Principal Clinical Psychologist

Dave Lightening, Director of Logistics

In the latest episode on our **Building Healthier Teams** portal, **Dave Lightening, Director of Logistics, shared how important it is for the team to connect with patients.**

Dave's working life started off in the building trade and he spent more than a decade doing a job that he loved so much, he didn't even call it 'work'.

After the financial crash hit, Dave was forced to consider a different career. He moved into logistics as a warehouse operator and spent more than a decade working for a huge national retailer, then moved to a smaller, family-focused furniture company before joining UHB. Through these different experiences, Dave has procured some valuable career and leadership lessons.

Dave explained: "We've been through quite a transformational change in warehouse and logistics over the last couple of years. The team's commitment and resilience is immense. Some of my colleagues

don't have a distribution or a warehouse and logistics background, but that's not a bad thing. I can teach them everything they need to know about warehouse and logistics, but I can't give them a great attitude. With the team I've got now, the attitude is 'It can be done. We might not be sure how at this exact moment, but it can be done'.

"The most important thing for me is to recruit people on their attitude. When they start, have conversations with them about 'What does my strategic plan look like, what does our strategic plan look like, what does your strategic plan look like?'. I say to the team consistently 'every single day, what our team does helps people, changes people's lives and in some instances saves people lives'. If people understand that and can make those connections, their attitudes will adjust accordingly."

Watch Dave's episode in full and access a workbook to support you with building connections and a shared vision. Just scan the QR code using a smart device.



Building healthier teams

Centre showcases innovative work

Teams from the Centre for Rare Diseases at Queen Elizabeth Hospital Birmingham marked Rare Disease Day, which fell on 29 February, celebrating their patients, showcasing their services, and raising awareness.

The Centre for Rare Diseases, funded by Queen Elizabeth Hospital Birmingham Charity, opened in 2015 and brings together expertise to provide a 'one-stop' service for the management and treatment of more than 100 rare diseases. Co-ordinated clinics mean patients can see a multidisciplinary team and undergo diagnostic tests in one appointment, reducing the frequency of hospital visits.

Around 1,000 clinic appointments take place each month and patients travel from all over the UK to attend. The centre is also home to the Institute of Translation Medicine Clinical Research Facility and more than 4,000 rare disease research studies have taken place since the centre opened, with around 280 patients recruited to rare disease studies or registries in the last year alone.



Colleagues from the Centre for Rare Diseases chatted to the public and other UHB colleagues about rare diseases and the centre's work



Rose Brennan (left) and Sarah Trussell (right)

Celebrating 76 incredible years

Two long-serving colleagues have retired, after a combined total of 76 years' service in the NHS.

There was a joint farewell celebration on 14 March for Sister Rose Brennan, who is leaving after an incredible 46 years at Queen Elizabeth Hospital Birmingham (QEHB) and former Selly Oak Hospital, and Sarah Trussell, Lead Clinical Educator in Critical Care, who is leaving after 30 years.

Colleagues gathered to thank Rose and Sarah for their service and caring for our most complex and critically ill patients. Rose and Sarah have also played a huge part in training our workforce over the years.

Rose, who is considering a move to Bath to be near her son, said: "The staff we've got here are absolutely fantastic – and they're my family. Working with a marvellous crowd in Area D in Critical Care, has been a highlight."

Sarah added her thanks to everybody in Critical Care and said: "I will miss the team and the people I have made friends with."

The retirement celebration was featured in a live link-up during the QEHB Connected meeting.

Sally Austin, Hospital Operations Director at QEHB, thanked Rose and Sarah for everything they have done over the years.

Sally told them: "Your combined service of 76 years is truly amazing. You both deserve a very restful and happy retirement, and we hope in some way or other you continue to be linked back with the teams."

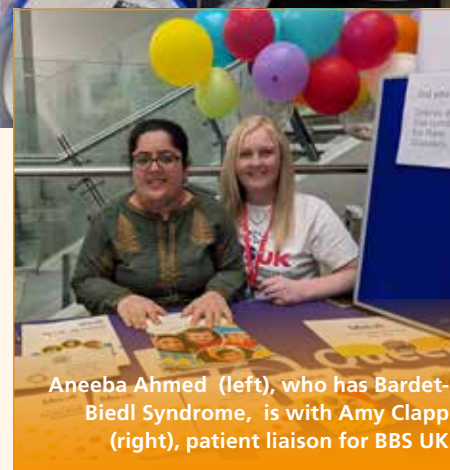


Patient Emma Fisher with some of her care team at the Centre for Rare Diseases

Patients attending clinics at the centre on Rare Disease Day were invited to enjoy cakes and sweet treats with the team that work there. Emma Fisher, one of the patients that joined the celebrations, has vasculitis, which is a rare disorder that can cause a person's immune system to attack their blood vessels.

Emma said: "I was diagnosed with vasculitis when I was pregnant with my daughter, who's now six. If it wasn't for the team here, I wouldn't be alive. The team is just amazing, from start to finish in every appointment. I come here when I'm at my worst and I'm always greeted by smiley faces."

Colleagues from the centre also helped educate colleagues and members of the public on rare diseases with an information stand in the main entrance of the Queen Elizabeth Hospital. They were joined by some of their



Aneeba Ahmed (left), who has Bardet-Biedl Syndrome, is with Amy Clapp (right), patient liaison for BBS UK

patients, by Queen Elizabeth Hospital Birmingham Charity fundraisers, and by BBS UK, a charity that supports patients with a rare disease called Bardet-Biedl Syndrome, which is a multi-system disorder.

Tom's story

Tom Foley (pictured with family) has been a patient at the Centre for Rare Diseases for 20 years, transferring over to the centre from Birmingham Children's Hospital when he was 18 years old. Tom has had intestinal failure since childhood and needed to have most of his small intestine removed at just two and half years old. Since then, he has been on total parenteral nutrition (TPN). Tom is under the care of the nutritional care team, led by Dr Kate Kane.

Tom said: "The care I receive is fantastic. Everyone is so supportive and knowledgeable about a subject matter that is fairly new in the grand scheme of modern medicine. I am now 38 years old and for the last 36 years, I have been sustained and kept alive by TPN. TPN involves the feeding of nutrition to a person intravenously. I used to have a central line sticking out of my skin, but now have what's called a port-a-cath which sits under the skin and I inject a needle into it every night.



"I have two young children and an amazing wife, who keep me very busy and I have little time to reflect on how lucky I am. I look forward to at least another 38 fun and adventure-filled years. I have travelled the world, had many adventures and have achieved things I never would have thought possible when I was critically ill 36 years ago. That is all thanks to the wonderful support network put in place and supported by the Centre for Rare Diseases.

What is a rare disease?

By definition, a rare disease affects less than one in 2,000 people. However, with more than 7,000 individual rare diseases, their collective prevalence is about one in 17 of the general population. Half of affected people are children, and for over 50% there is no cure or specific treatment.

Have you got a story?

Do you have a good news story to share with us about UHB? We'd love to hear from you. Why not drop us an email: communications@uhb.nhs.uk


 University Hospitals Birmingham Charity


 LOTTERY


Sign up to our weekly lottery and be in with a chance of winning £1,000!

Your hospital charity runs a weekly lottery and for just £1 a week you could be in with a chance of winning the £1,000 jackpot as well as other cash prizes. Since we launched our lottery over two years ago, we have given over £150,000 in cash prizes to our amazing supporters.

The money raised from our lottery helps us to fund cutting edge equipment and facilities, ground-breaking research and added extras to help our patients, their families and staff across our four hospitals.

Many of you will already know how vital it is that we continue to raise as much as we can to help those being treated and working on our wards and departments.

We hold two Bumper Lottery Draws each year which give our wonderful supporters the chance to win an extra special cash prize. Our Summer Bumper Draw is taking place on Friday 19 July and you could be in with the chance of winning £3,000.

You can sign up to our weekly lottery here: www.hospitalcharity.org/lottery or scan the QR code.



Leave a lasting legacy that changes lives

We are so grateful to all our wonderful supporters who help us save lives at our four hospitals. Some fundraise, some donate, some volunteer their time and others think of us in their will.

Gifts in wills of any size are the spark that ignites lifesaving research, creates spaces that make hospitals feel less clinical, and funds cutting-edge equipment that gets people back on their feet. Our growing population is living longer than ever, and the legacy you leave could lead to a future with better physical and mental health for all the people of Birmingham, the West Midlands and beyond.

Cheryl Sharp's father, David, was diagnosed with bowel cancer in 2010. Thankfully it was caught early and he was treated at Queen Elizabeth Hospital Birmingham (QEHB).

Cheryl said: "The extensive surgery was very successful and the care he received from Mr Ismail and his team was second to none, despite him being 72 years old at that time."

David recovered well and went on to resume his cycling and walking, and generally living life to the full. In 2013, he was unfortunately diagnosed with bladder cancer, completely unrelated to the previous cancer. This was also treated at QEHB.

Cheryl said: "Again, the treatment he received from Mr Doherty and his team was first class and following more extensive surgery, he went on to lead a full and active life again. He never once complained about his illnesses and was a very brave man. He was so thankful to staff at QEHB for looking after him so well."

From 2010 and the initial diagnosis, David lived an additional 13 years until he sadly passed away in June last year, a day shy of his 85th birthday.




Cheryl Sharp, with her father David Sharp

David and his family were so grateful to have had the extra time together and thankful to the teams who looked after him.

Cheryl said: "In recognition of the fantastic treatment my dad received, he bequeathed the sum of £5,000 to the Cancer Centre at QEHB. We hope that his generosity will encourage others to leave donations to the hospital charity in their will and help support others in the same situation."

You may have personally experienced great care from our NHS staff, or perhaps you're inspired to consider a gift in your

will in memory of a loved one? Whatever your motivation, you can be sure that your generosity will help our NHS colleagues deliver exceptional care to future generations of patients. Please consider a gift in your will to your local hospital charity today. Together, we can be here for all the patients and staff at QEHB, Heartlands, Good Hope and Solihull hospitals, now and in the future.

 To find out more about leaving a gift in your will, scan the QR code or visit: hospitalcharity.org/giftsinwills

Take on a breathtaking challenge

Taking part in one of our challenge events is a great way to try something new, whilst supporting your local hospital. We have a variety of events taking place throughout the year to suit everyone, including long-distance bike rides, adventurous mountain treks and thrilling skydives. All of the money you raise will go towards the ward or department of your choice and will help us to continue supporting patients and staff.

■ For cycling enthusiasts, we have half-price charity places available on England's only 100 mile closed bike ride this year, the Ford Ride London




100 taking place in May. Don't miss out on this amazing opportunity to cycle through London, traffic free! We have charity places available on the 60-mile bike ride as well.

■ Take to the skies for charity and enjoy a bird's-eye view in our tandem skydives – the ultimate daredevil thrill. We have dates throughout the summer, sign up now for a once-in-a-lifetime experience.

■ If you'd prefer to keep your feet firmly on the ground, why not join us for one of our Snowdon treks? Challenge yourself to climb the highest mountain in England and Wales, Mount Snowdon

and enjoy the spectacular views. We have daytime and sunrise treks taking place over the summer.

■ Join us for an experience of a lifetime on our Northern Lights Trek to Iceland this November. Immerse yourself in Iceland's wonders; geothermal springs, volcanic mountains, and the mesmerizing Northern Lights. An adventure like no other awaits!

 To find out more about all of our fabulous events and how you can sign up, scan the QR code or visit: hospitalcharity.org/events



Under the microscope with healthcare scientists

Healthcare science is key to the evolution of the NHS through time, from past to the present and looking to the future. It supports discovery; by utilising science to address our greatest health challenges and shaping innovative technological advancements to help ensure that people are living happier, healthier, and longer lives.

Healthcare Science Week, which ran from 11 March to 15 March, was an opportunity to raise awareness of healthcare science and celebrate the diversity of the workforce and

variety of professions which brings together over 50 scientific specialisms and professional groups.

This year, we showcased some of the amazing work of our healthcare scientists through demonstrations, in some cases, using virtual reality (VR) experience technology.

Individuals from our healthcare science professionals were available at stalls in the Queen Elizabeth Hospital Birmingham during the week, to talk to staff and visitors about their roles and why they love what they do.

Here we are spotlighting two of our newest healthcare scientists, starting out their careers through taking apprenticeships



Grace Bishay
Level 2 apprenticeship

"I'm from a medical family, so I've always wanted to work in health and social care. I wasn't enjoying the subjects I was studying at A-level so started to think about what I'd

rather do. I spoke with friends and family, and my brother's friend had taken an apprenticeship in the healthcare sector. This led me to realise that through this route, I could get experience of working in healthcare, while learning.

The apprenticeship I chose stood out for me because you have the options to focus on the cardiology and respiratory specialities. I applied and got onto the level 2 apprenticeship programme.

It was difficult at times to juggle studying and work, but I had the best support possible. My college tutors and managers helped me to keep on top of my workload.

During the apprenticeship, I learnt how to carry out a range of tests such as ECGs and spirometry tests to monitor lung conditions. I love seeing patients and hearing their stories.

An apprenticeship was perfect for me, as I didn't want a job where I was sitting down for a long time and wanted to do something practical but worthwhile. The NHS is so big and there are so many jobs in this sector. I also didn't realise I could do this course without having completed a specialised qualification beforehand.

Since finishing the apprenticeship, I've started working as a healthcare science assistant. I help with ECGs, monitoring patients, fitting blood pressure monitors, and making sure the doctors get the test results they need to get a diagnosis for their patients.

In the future, I'd like to carry on in the role I'm doing for a bit, then perhaps branch out. That would require further study, so my immediate aim is to get experience in what I'm doing.

I would recommend the apprenticeship route as an ideal stepping stone to work in healthcare. I think you get more experience and understanding of how the theory applies in practice through being in the working world.

There's a demand for people to work in healthcare science, so if it's your passion, this is a way to get the qualifications you need, and by working in the NHS you're doing a job that is productive, where you meet new people all the time, and get to help people. There's always something new to learn or experience. I'm very lucky."



Ellie Golding
Apprenticeship in Radiotherapy Physics

"I originally applied to study for a degree, but found an apprenticeship on the NHS jobs website, and liked the idea of getting paid and doing work, whilst studying at the same time, so I went for this instead.

I would definitely recommend doing an apprenticeship; I think it's the way forward for people to gain more experience than studying for a qualification only.

I'm currently working in the radiotherapy department at Queen Elizabeth Hospital Birmingham. I work in the mould room, and currently planning what I'll do next.

The job's all about radiotherapy, so my job is to plan around an area the clinician has marked up for the patient to receive a dose of radiotherapy. The prostate or breast is usually the most common area for a patient to receive radiotherapy. They mark up an area that needs to be treated, and we plan a dose around that on the system that we have.

As the patient needs to be in the same position each time, we make things like masks to help them to stay still. The masks are comfortable and have small holes, so the patient can breathe easily.

A lot of time goes into planning for when the patient goes for their CT scan, then that gets checked and they go to the radiologist to be treated.

I've been on the apprenticeship for nearly two

years now. I'm really enjoying coming to work every day and enjoy the routine.

As well as on the job training, I go to the University of West of England in Bristol three times a year for a week, and then every week I'll have lectures on a Wednesday.

I enjoy working in a patient-facing role and that it is fast paced work. I've always from a young age known I've wanted to work within the NHS or to help people. It's rewarding in a sense that you know you're doing something for someone else and you see a variety of different people. I enjoy the fact that you see so many different different people and you are able to have conversations with them. They really open up to you even though they are strangers to you, and I think this is because you are helping them.

After the apprenticeship, I would like to either work in ultrasound or to continue my studies at postgraduate level.

I never found science a strong point of mine at school, but merging science with healthcare is completely different. I enjoy that what I'm learning it relates to my job and I understand it that way."

Help research

Researchers at University Hospitals Birmingham are looking for people aged over 65 with experience of hip fracture (either as a patient or carer) to help them design and run a research project.

Did you know that?

- 70,000 people in the UK break their hip every year
- One in eight people are readmitted to hospital within 30 days of having their operations

We want to understand how to prevent people over the age of 65 from being unnecessarily readmitted.

We value all opinions, there will be four informal meetings a year, with the offer of payment for your time and expenses and no previous experience of research is necessary.

If you are interested and want to find out more, contact Hannah Reilly, Research Fellow, and Occupational Therapist by email

✉ Hannah.Reilly@uhb.nhs.uk
☎ or via phone 07826 373 063

NHS Pension Changes

All members of the NHS Pension Scheme pay a percentage of their pensionable pay to the scheme each month, known as a contribution rate.

The Department of Health and Social Care (DHSC) announced it is introducing changes to the amount members pay towards their NHS pension. From Monday 1 April, the amount you pay for your pension has changed.

The DHSC has updated the pensionable pay ranges used to decide how much you contribute to your pension, and the percentage of your pay you will pay to be a member of the scheme.

The changes help to reduce the gap between the different tiers of contribution rates.

More information, including the new contribution rates, is now available to colleagues on the intranet.

Award recognition

University Hospitals Birmingham NHS Foundation Trust (UHB) and its Digital Healthcare Team have been shortlisted for Digital Organisation of the Year and Digital Team of the Year at the 2024 HSI Digital Awards.

More than 340 entries have been received for this year's Digital Awards, with 165 projects and individuals meriting inclusion on the final shortlist.

UHB was shortlisted, ahead of the official awards ceremony to be held in June for its implementation of Prescribing Information Communication System (PICS); the in-house developed digital healthcare system that supports prescribing and medicines administration, imaging and blood sciences order requests and clinical decision support. PICS stood out as a real "success story" worthy of a prized place on the panel's shortlist.



SUPPORTED BY  University Hospitals Birmingham Charity

Our latest awards

We are delighted to announce that across the teams won a Kind, Connected and Bold award. Congratulations to all our winners.

GOOD HOPE HOSPITAL



Ward 3 Healthcare of Older People

For working tirelessly to set up the ward and establish a new team at Good Hope Hospital. Nominated by a colleague, who said: "Ward 3 opened at the start of January to temporarily manage winter pressures as a step-down ward. They have helped to improve the patient flow within the hospital and collaborate well as a compassionate and caring team."

Endoscopy Unit Endoscopy

Nominated by a patient, who said: "I attended the Endoscopy Unit at Good Hope Hospital for a colonoscopy. I would like to thank all of the people who looked after me during my visit. Their kindness, care and professionalism were of the highest order and made me feel at ease."

Katrice Blackburn Housekeeping Assistant, Facilities

Nominated by colleagues, who said: "Katrice has cleaned Ward 11 for a while and does so to a high standard. She has worked exceptionally hard with cleaning Ward 11 recently, with roll cleans, amber cleans, red cleans etc."

Ian Bayliss and Leona Thomas Clinical Educators, Clinical Education

Ian and Leona show kindness by being thoughtful and looking out for the best interests of our international colleagues. They noticed that the international nurses were often alone in a new country, with no family or friends outside of work. They recently set up a coffee morning for international nurses to attend, meet new people and start friendships.

HEARTLANDS HOSPITAL

Tuberculosis Team Respiratory Medicine

The multi-disciplinary team go above and beyond in the service they provide, accommodating patients if they are late or come in early for appointments. They are a fast-paced team who deal with emergency situations and are able to respond within an excellent time frame, delivering medication or bloods when side effects become troublesome.

Cheryl Riley Housekeeping Assistant, Facilities

Nominated by a colleague, who said: "I appreciate Cheryl's hard work. Cheryl has a polite and respectful attitude towards colleagues and patients. Her passion for work is visible. I would like to say, 'thank you' for your patience and hard work."

Louise Smith Dietician, Dietetics

Nominated by patients and colleagues. Louise is dedicated and passionate about her role. Louise consistently goes above and beyond to support her patients and their families during their hospital stay. Her input and care transform the patient experience, ensuring that they have knowledge and control of their own health.

Imogen Kemp Clinical Nurse Specialist, Infectious Diseases

Nominated by a patient's relative, who said: "My mum Jackie and I met Imogen, and some other members of the outpatient parenteral antimicrobial therapy team, at Heartlands Hospital in December, we then met Imogen at the Queen Elizabeth Hospital Birmingham in January. All of the team, but particularly Imogen, were brilliant."

Jane Tombs Healthcare Assistant, Critical Care

For Jane's hard-working nature. Jane provides support to her colleagues, without hesitation. Jane is amazing with her patients, provides them with kindness and lends a listening ear. Jane is a team player, and her words of encouragement leave those around her with a smile. She goes above and beyond for her unit, patients and their relatives.



Benrose (Ben) Beltran Interventional Radiology Assistant - Technical Support, Radiology

Nominated by a colleague, who said: "Ben is an amazing member of the interventional team, who works behind the scenes to make sure the team has all the many different items needed to do our work. The last year has presented many challenges. Ben has gone above and beyond, chasing when products will be available and keeping us all updated."

Marissa McKenzie Healthcare Assistant, Trauma and Orthopaedics

Nominated by a colleague, who said: "Marissa is a ray of sunshine. She is always happy, positive and puts patient care as her top priority. She goes 'that extra mile'."

COMMUNITY



Karen Ebbon Lead Respiratory Nurse Specialist, Therapy Services, Solihull Community Respiratory Team

For Karen's commitment and approach to delivering and shaping new services. Karen has been integral in supporting the set up and ongoing development of the Solihull Intervention Hub. Karen has a positive can-do attitude and has embraced new developments with enthusiasm.



Dr Jamaal Ali Junior Doctor, Healthcare of Older People

For Dr Ali's dedication to making patients feel cared for and going above and beyond for everyone on his ward. Dr Ali is helpful, kind, incredibly professional, approachable and highly valued by his colleagues. Dr Ali builds rapport with the nursing team by making them feel valued.

SOLIHULL HOSPITAL



Ward 12 Surgery

Nominated by a patient's relative, who said: "I would just like to say a big thanks to the nursing team on Ward 12 at Solihull Hospital for looking after my mum in January. They went over and above, and the care was outstanding. They demonstrate all of UHB's values. Nothing was ever too much, and the care was always patient centred."

award winners

the Trust, 31 individuals and
award in February.

Do you know a member of our staff or a team, who has gone above and beyond? Nominate them today by:

Filling in our online form by scanning the QR code below, or emailing: awards@uhb.nhs.uk

Top tip: Nominations are judged on quality rather than quantity, so please provide as much detail as possible about why the team or individual has made a difference and deserves recognition.



QUEEN ELIZABETH HOSPITAL

Zara Bashir

Nurse, Cardiac Surgery

Nominated by a patient's relative, who said "Zara is extremely kind, capable and great at multi-tasking. She has endless energy whilst maintaining a calm and reassuring manner towards my brother who is temporarily sightless and needs constant care."

David Chance

Ward Services Co Ordinator, Facilities

David is hardworking. Nothing is too much for him. He goes above and beyond for patients, their relatives, and his colleagues. David is reliable, quick and efficient with his work. David was nominated by his colleagues, who said: "Thank you for everything you do David, it never goes unnoticed."

Loryner Cornell

Staff Nurse, Neurosurgery

Loryner is kind and makes sure no one is left behind. Loryner cares for her patients, is kind to her colleagues by listening to their needs and delegating tasks accordingly. She is bold, ensuring patients are well looked after. Loryner connects with patients, their relatives and colleagues through effective communication.

Lynne Murphy

Medical Secretary, Pain Management

Nominated by a colleague, who said: "Lynne embodies the essence of kind, connected, and bold in every aspect of her role as a medical secretary. For years she has been a vital member of our department, consistently demonstrating unwavering dedication and compassion towards her work and her colleagues."

The Multidisciplinary Team/ Project Team for 'Plastics - the perfect week' Plastics

The teams all worked together to launch 'Plastics - the Perfect Week', which improved the flow and utilisation of theatres to give support to help with increased case numbers and the improvement of patient pathways.

Emergency Department Emergency Medicine

The team works tirelessly through challenging times and do their best for the department, each other and patients. They continually try their best regardless of how busy the department may be. Their hard work and determination help in improving the department.

Anthony Packwood Dosimetrist, Radiotherapy

Nominated by a colleague, who said: "Anthony has been a key member of the radiotherapy pre-treatment team. As his line manager, I do not have to ask him to come in early or stay late, as he has already offered. He works hard, ensuring that patients have their treatment prepared to the highest standard and in a timely manner."

CORPORATE



Ali Fisher

Associate Director of Engagement
Communications, Communications

Nominated by a colleague, who said: "I have worked with Ali on a number of projects, team events and I have recently attended the Wise Council. Ali fully represents the trust values of Kind, Connected and Bold in all of her interactions across a range of colleagues."

Clive Whittaker

Staff Counsellor, Occupational Health

For Clive's hard work and vast knowledge. Clive has stepped up over the last few months to implement changes to our counselling service. Clive provides training around the hospital and is passionate about helping others and improving their lives.

The Clinical Academic Team Education

The Team is a close-knit group of six key individuals, who co-ordinate day-to-day working, but the team extends far beyond this in their reach to offer a fully inclusive and diverse wealth of opportunity for people within UHB and across the West Midlands. They all work tirelessly to promote clinical academic careers.

Yasmin Basi

Site Co Ordinator, Corporate
- Site Team

For Yasmin always going above and beyond for patients. Yasmin regularly checks in with the ward flows to ensure everything is in place for patients to be discharged in a timely manner. Whether she is assisting with restarting packages of care, booking ambulances or speaking with relatives; she is outstanding.

Mark Dolphin

Logistics Operation Supervisor,
Procurement

Nominated by a colleague, who said: "I am an apprentice in the UHB Procurement Team. As part of my learning and development, I spent two days in the procurement team at Heartlands Hospital. Mark was extremely welcoming, kind and supportive of me, allowing me to shadow him throughout his day and answering any questions I had."

Children's Safeguarding Team Corporate Nursing - Paediatrics

For working tirelessly to make sure our most vulnerable patients and their families are safe in our care, as well as remaining patient and considerate of their individual needs. They share their passion to support vulnerable children and their families with colleagues through training, advice calls, supervision and department visits.



Ward 15 Surgery

Ward 15 has been through some change in the last couple of years and have remained an inspiration. Nominated by colleagues, who said: "We introduced a pilot in January to admit our day case patients directly to Ward 15. Ward 15 colleagues embraced and owned this project ensuring that it was a success."

RESEARCH AND DEVELOPMENT

Faye Moore Senior Research Nurse, Research and Development

Nominated by a colleague, who said: "Faye is exceptionally kind and supportive to her team members and understanding of their personal and professional situations and needs. She makes adjustments and provides flexibility for all."

WOMEN'S AND CHILDREN'S

Sweetie Carvalho Nurse, Gynaecology

Nominated by a colleague, who said: "Sweetie is my assessor on the ward. I'm a trainee nursing associate and sometimes it's hard getting all the protected learning on the course. She's been so selfless in her contribution to the welfare of the patients and how the ward is run generally."

Children's Outpatient Department Paediatrics

The team is dedicated to helping and supporting each other, patients, and their families. They keep their standards to a high level and ensure they are providing patient centred care. Nominated by a colleague.

Pride in success of conference

Jeff Bryan and Simon Scott-Nelson, co-founder of Wellity Global

Winning work

The UHB Wellbeing Team is celebrating after winning a major prize at a national awards ceremony.

The Great British Workplace Wellbeing Awards, with Wellity, shine a spotlight on those positively changing the lives of the Great British workforce. They aim to recognise and champion the incredible steps taken by employers, service providers and individuals in response to our global wellbeing crisis.

UHB won the award for 'Best Financial Wellbeing Initiative', one of 25 categories made up of 150 nominees, for the package of financial support they offer to colleagues.

Jeff Bryan, Inclusion and Wellbeing Manager at UHB, picked up the award on the team's behalf at a ceremony held at the Park Plaza in London, in February.

UHB has a tiered approach to financial wellbeing which starts with education and information on financial wellbeing and how to make the best decisions. Colleagues are supported with advice on savings accounts from Citysave and with a package of benefits and discounts, which includes projects such as school uniform swaps in the Wellbeing Hubs located on each of the four main hospital sites, and free access to the meal planning service, 5 dinners.

The team also advises on responsible loans, one-to-one guidance from Barclays Money Mentors, free mortgage advice, as well as signposting to support with addiction.

Practical support with accommodation is also available, supporting colleagues who are homeless, or at immediate risk of becoming homeless, with advice on finding accommodation. This is a bespoke pathway for UHB colleagues, which aims to ensure colleagues always have somewhere safe to stay.

Jeff said: "For some, the increased cost of living has meant cutting back on luxuries and thinking more carefully about budgets and for some, it has had a significant impact on basic needs such as food and accommodation. The Wellbeing Team have worked hard to build a package of support that responds to the real needs of staff at UHB."

UHB's first in-person LGBT+ History Month conference since 2019 attracted more than 100 people.

The conference organised by UHB Proud, UHB's LGBT+ Staff Network, in partnership with the Inclusion Team, celebrated the national theme of LGBT+ History Month and Medicine, highlighting the work and lives of LGBT+ people in the NHS and putting the healthcare community 'under the scope'.

The day was opened by Dame Yve Buckland, UHB Chair, who talked about her close relationship with her brother who identified as gay.

Guests then heard from six brilliant guest and expert speakers about their lived experiences of sexual orientation, gender identity, mental and physical health, race and neurodiversity. Speakers included:

- Jan Gooding, an executive coach and non-executive chair of a number of consultancies advising on responsible business practices and inclusive working cultures. Jan spoke about her experience of coming out and her ground-breaking work as part of Stonewall.
- Dr Oliver Cannon, a junior doctor who shared his story of transitioning from female to male, whilst undertaking his doctors' training.



Amelia Godson, Olga Leach-Walters and Jacynth Ivey



Left to right: Lesley Eastwood, Co-Chair of UHB Proud, Sally Lawson, Karen Stevenson, Co-chair of UHB Proud, Eva Echo, Garry Jones and Dr Oliver Cannon

- Garry Jones spoke very honestly of his experience of living with HIV, his activism, how art has helped him and how proud he is of his involvement in the Birmingham 'Ribbons' AIDS and HIV Memorial.
- Clare Summerskill, whose academic and dramatic work encompasses oral histories and verbatim theatre productions. Clare performed excerpts from her latest play titled 'At the Rainbow's End' about interviews with older LGBT+ people and their experiences of homophobia and transphobia when receiving care.
- Char Bailey, Director of People at Birmingham Pride sat down with the UHB Proud Co-Chair Lesley Eastwood for a chat about challenges she faces, her identity as an autistic lesbian of Jamaican and Indian heritage and her work with Black Pride.
- Eva Echo, our last speaker of the day, is a trans woman and highly respected activist, writer, and public speaker. She spoke very openly about her mental health challenges and her activism involvement in transgender rights and mental health.



Dame Yve Buckland, UHB Chair

Jonathan Brotherton, UHB's CEO, said: "I was delighted to attend the conference to celebrate LGBT+ History Month, the first year in a while that we've been able to mark this occasion together in person. Hearing our speakers' lived experiences was incredibly inspiring and we are so grateful to them for sharing their stories and expertise with us."

"We heard really moving accounts of adversity and exclusion, as well as stories of bravery and resilience. The conference is an important way to help us to understand the lives of those who identify as LGBT+ and the role we all play as an ally for our LGBT+ staff, patients and communities. It is essential to create more inclusive environments, such as this one, in which our unique contribution is valued and all staff can be their authentic selves whilst at work."

UHB has several staff networks, including UHB Proud. Please search 'staff networks' on the intranet or email inclusion@uhb.nhs.uk for more information.



Keep up with UHB online

- uhb.nhs.uk
- facebook.com/uhbtrust
- twitter.com/uhbtrust
- [@uhbnhs](https://www.instagram.com/uhbnhs)
- linkedin.com/company/uhb/

Daughter's gift of life

World Kidney Day, in March, is an opportunity to put the spotlight on the value of life-saving donations.

Living donors are often blood relatives, but they can also be a friend, family member, or partner. They do not need to be the same age, blood group or tissue type, but must be in good health

Vanessa Patel became a live kidney donor to her mum, Manjula, in 2020.

Vanessa said: "When my mum's kidney condition started to worsen rapidly, she was put on dialysis and the transplant list. My siblings and I saw how hard it was on her and our dad and we couldn't bear it, so we all got tested to see if we were a match.

"I was the most compatible and in September 2020 we had the operation; it's been such an emotional journey. The staff at Queen Elizabeth Hospital Birmingham were so supportive, our care was second to none and they couldn't do enough for us.

"My mum is now able to enjoy life, it has been a complete turnaround. I am fully recovered and back to being a teacher full time. We are so grateful for the wonderful care we received and can't thank the team enough."



Vanessa Patel with Mum Manjula

The staff at Queen Elizabeth Hospital Birmingham were so supportive, our care was second to none and they couldn't do enough for us"

Vanessa Patel



About living kidney donation

Any healthy adult can volunteer to be assessed as a living donor and a kidney from a living donor is the very best treatment option for most patients with kidney disease. The volunteer donor goes through a thorough assessment over several months, to ensure they are fit and healthy and that the risk to them is as low as possible. If approved, they are matched with a suitable recipient from the transplant waiting list, or they can also enter into a sharing scheme which enables one non-directed donor to potentially 'trigger' up to three transplants.



Join the NHS Organ Donor Register today and tell your loved ones – don't leave anyone in any doubt about your decision!

- www.organdonation.nhs.uk/wasteorsave/#timetosign
- www.facebook.com/nhsorgandonor
- @NHSOrganDonor
- @nhsorgandonor
- www.youtube.com/user/NHSOrganDonation



Manager makes move to matron

Good Hope Hospital has said goodbye to Ancy Sam, Ward Manager, who leaves us for a new role as a matron at Solihull Hospital. Ancy has worked at Good Hope Hospital, in acute medicine, since October 2001. Having started as a junior staff nurse, her hard work and determination saw her progress through the grades until she became ward manager in 2016.

Mandy Gillion, Matron for Acute Medicine, said: "Ancy has been a caring, loyal and dedicated nurse and manager, providing love, care and nurturing to the team and her peers. I have had the pleasure of working alongside Ancy for the past six years and it has been wonderful working with someone who has such high standards and positive approach.

"She is more than ready and deserving of her new opportunity and we wish her so much success. She will be greatly missed by us all, both personally and professionally. She has not just been a manager but a lifelong friend."

Support your local community and the NHS

Do you understand what's important to the people in your local community who use NHS services in Birmingham and Solihull? Could you spare the time to pass this on and help us to improve our services?

If so, University Hospitals Birmingham (UHB) is looking for people to put themselves forward to become a governor. Being a governor is an important role and one in which you can play a key part in supporting your local NHS.

If you're interested in standing for election as a governor, you can put yourself forward between 9 April and 8 May. We have 12 vacancies across 11 constituencies in this year's elections.

Dame Yve Buckland, Chair of UHB, said: "Our governors are absolutely crucial to us at UHB; they play an important role in ensuring that local people and patients have their voices heard, to help us improve our services.

"We are looking for governors who are passionate about supporting their local community, the NHS, and demonstrate our values; Kind, Connected and Bold. If you think this sounds like you, we'd love to hear from you."

To be eligible to stand for election, individuals must be a member of UHB.

Not a member? It is quick and easy to become a member, just visit our website: www.uhb.nhs.uk/get-involved/membership

Already a member? From 9 April, an online nomination form to stand for election and more details about the role can be accessed at: www.cesvotes.com/UHB2024

Please contact us for more information:
Corporate.affairs@uhb.nhs.uk

Time to join our team

Sarah Harley is a Clinical Nurse Specialist (CNS) in our vascular team. Sarah worked in operating theatres for ten years, before being encouraged by a consultant colleague to apply for a CNS role.

"When I first qualified, I worked on surgical wards for about 12 months. I saw a theatre job advertised and thought, "I'm going for this." And, I'll be honest, I hated it for the first three or four weeks! I thought, "what have I done?" It was just so different.

"As a student nurse, you might have a little exposure to it, but when you first stand up at that table and there's 50 instruments with all these weird names and you're expected to know what they all are, it's scary. But it won me round and I ended up staying there for ten years.

"I was looking for another job and one of our vascular consultants suggested I have a look at an advertisement for a vascular clinical nurse specialist (CNS) role, which I really didn't think I would be able to do.

"I didn't think it would be my thing, but he told me I'd be fine – I just need to try it. I've been doing this role now for six years.

"The job is so different every day, including clinic, telephone and face-to-face, education, meetings and working on service improvement. You have to see how the day goes and run with it, it's not a regimented job.

"Being a CNS is the kind of job where you lead things. I have a lot of patient interaction, which I love. We run a large aortic service, so we receive patients who have had complex aneurysm repairs from all over the UK. That is probably what takes up most of my time – communicating with hospitals and trying to communicate with patients who can live 300 miles away to get them to an appointment.

"In our team, we look after all patients who are suffering with a vascular problem.

My favourite thing about the role is how much influence we have. Around six years ago, my mum was very ill. She was diagnosed with cancer and was told she had six months to live. Unbelievably, she is still with us six years later.

When she first got to hospital, she was going to have an operation that we were told was risky. Somebody did a cognitive assessment with her because of the effect an anaesthetic may have on someone of her age, and it made me wonder if this was something worthwhile for our patients. Many are older and we had noticed during follow-up clinics that some of our patients were describing some decline in this area.

If you're inspired by Sarah and want to join #teamUHB, visit www.jobs.uhb.nhs.uk for all of our current opportunities.



Sarah Harley, Clinical Nurse Specialist

From going through that experience, we introduced it into our assessment, and we also introduced metrics like the frailty score. One of our consultants said, 'this is amazing!', and published some of the results. These new assessments have made an impact within our multi-disciplinary team discussions and it's nice to think that, as a team of nurses, we have made such an impact.

We are UHB



To tune and find out more go to www.bhbn.net

WEEKDAYS

Midday	The Golden Hour Hits from 50s-80s
10pm	The Soul Train by Peter Bayliss
11pm	Late Night Love Songs
BHBN Music Selection throughout the day between live shows	

MONDAY

10am	The Morning Show – Joy Bourne
4pm	Good Vibrations – Jo Connop
7pm	Queen Elizabeth Hospital Request – Sharon Hetherington
8pm	Evening Show, Dale Hobson

TUESDAY

10am	The Morning Show – James Ellis
2pm	Music from Stage & Screen
3pm	Sounds of the 80' Rich Pemberton
5pm	Tea Time Show – Bill Waldron
7pm	Royal Orthopaedic Hospital Requests – Ffion Brighton
8pm	Evening Show – Paul Millington

WEDNESDAY

10am	The Morning Show – Rich Pemberton
2pm	BHBN New Country – Dave Horton
6pm	Words & Music – Brian Henderson
8pm	Evening Show – Doug Jackson

THURSDAY

10am	The Morning Show - Dave Horton
2pm	Playing it Cool – Pete Bayliss
6pm	Tea Time Show - Chris Friday
8pm	Evening Show - Leon Lewis

FRIDAY

10am	The Morning Show – Paul Stanley
6pm	Thank BHBN it's Friday – David Elliott
6pm	Evening Show – Andy Swaby

SATURDAY

9am	BHBNgold – Colin Monnaf
11am	Pete Bayliss – Music Box
2pm	BHBNSport (Hospitals with Spark TLS Units Only)
2pm	Stephanie Flynn on Saturday (on the BHBNradio App & Online)
6pm	Saturday Disco
8pm	Evening Show – Phil Matthews
10pm	Reggae Selection

SUNDAY

9am	The Sunday Morning Show & Good Hope Requests – Andy Lowe
11am	The Sunday Supplement – David Moore
1pm	Light Lunch, Big Band Classic Standards, and Radio Days Music
2pm	Kids Time with Kira Hughes
4pm	Care Home Requests & Duets – Sharon Hill
6pm	Asian Selection – Natasha Patel
8pm	Evening Show – Paul Stanley
10pm	The BHBN New Country Chart Selection
11pm	The BHBNclassics Collection

All other times – The BHBNradio Music Selection. Programmes can be subject to change.

BHBN Radio thanks its sponsors: Parsley Box, Birmingham & Black Country Wildlife Trust, Home Instead, Snappy Shopper and National Grid.

Stay Connected

New 'Let's talk about...' conversations

For the past few years, our Leadership Development Team has organised and delivered monthly virtual Leadership Lectures for colleagues working in the organisation.

These insightful and thought-provoking sessions with leaders from across the organisation, as well as external speakers with specific expertise, have covered a huge range of topics, from mental health to leading through change, and much more.

The team has decided to relaunch these sessions as 'Let's talk about...' conversations to reinforce that they are open to all UHB colleagues, not just leaders, and to better reflect that the sessions are for discussions and sharing experiences, as well as learning from the guest speakers.

Ali Fisher, Associate Director of Leadership Engagement and Communications, said: "Our Leadership Lecture series has been a huge hit and many colleagues have shared how valuable they've found some of our sessions. We do, however, know that some colleagues haven't joined lectures previously because they thought they had to be in a leadership role to attend.

"By relaunching as 'Let's talk about...' conversations we hope to bust that myth and encourage more colleagues to come along for inspiring, engaging and reflective sessions that cover a huge array of experiences we have both in and outside of work."

The first conversation about courageous conversations was between Ali and her guest Nicola Boyle, from independent leadership and organisational development consultancy, Delve OD.

You can catch up on this session and on previous 'Leadership Lecture' sessions by scanning the QR code on the right or visiting www.vimeopro.com/uhbhnsft/lets-talk-about

LET'S TALK ABOUT...

DIFFICULT COURAGEOUS CONVERSATIONS



Details of upcoming 'Let's talk about' conversations will be shared in In The Loop.



Farmers' market

Don't miss out on stocking up on seasonal goodies at the farmers' market which is held outside the main entrance of Queen Elizabeth Hospital Birmingham on the second and last Wednesday of every month, from 08:00–15:00.

In addition to offering a great choice in fresh foods and produce, the market supports local businesses as well as social enterprises working with disadvantaged local people.

The next dates are:

- 📅 Wednesday 10 April
- 📅 Wednesday 24 April

Have you got a story?

Do you have a good news story to share with us about UHB? We'd love to hear from you. Why not drop us an email: communications@uhb.nhs.uk

Staff networks

Staff networks are an opportunity for individuals to connect, support one another, and discuss issues relevant to them. All networks are open to all staff who identify with them, or for those who consider themselves allies.

If you'd like to find out more, email Inclusion@uhb.nhs.uk or search 'staff networks' on the intranet.

■ **Multi-Faith Staff Network**

Monday 8 April, 12.30–13.30

■ **BAME Staff Network**

Wednesday 3 April, 12.00–13.00

■ **Disability Staff Network**

Tuesday 15 April, 14.00–15.00

■ **M Club – Solihull Hospital**

Wednesday 10 April, 13.00–14.00

■ **M Club – Queen Elizabeth Hospital Birmingham**

Thursday 4 April, 13.00–14.00

■ **M Club – Birmingham Heartlands Hospital**

Monday 22 April, 13.00–14.00

■ **M Club – Good Hope Hospital**

Tuesday 16 April, 13.00–14.00

■ **LGBT+ Staff Network**

Monday 16 April, 14.00–15.00

■ **Carers' Cuppa**

Wednesday 17 April, 12.30–13.30

■ **You Matter – Mental Health Staff Network**

Thursday 11 April, 12.00–13.00

■ **Neurodiversity Staff Network**

Wednesday 23 April, 12.30–13.30

■ **Long Covid Staff Support Group**

Thursday 25 April, 15.00–16.00

■ **Men's Staff Network**

Friday 26 April, 12.00–13.00

■ **Women's Staff network** meets bi-monthly Next meeting Thursday 16 May, 12.30–1.30

■ **Support for parents or carers of neurodiverse children and young people**

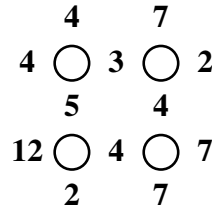
Friday 12 April 12.00–13.00

Quiz Challenge

- Which is the highest peak in the Cumbrian Mountains?
- The crater Aristarchus can be found on which heavenly body?
- Which English actress starred in the TV series Last Tango in Halifax, The Split and Unforgotten?
- A romance writer is held captive by a crazed fan in which Stephen King novel?
- Which London church stands on the north-east corner of Trafalgar Square?
- If a tourist is visiting Griffith Observatory, The Getty art museum and the La Brea Tar Pits, which city are they in?
- Which coastal structures were built to defend England against invasion during the Napoleonic Wars?
- What is the chemical symbol for iron?
- English singer Anne-Marie was a coach on which 2023 reality TV competition?
- Where is the famous Royal and Ancient Golf Club?

FIVE ALIVE EQUALISER

CL	OA	LC	AM	SL
AH		AL		MI
IT	RN	UD	CI	KA
NE		LN		ER
RA	GI	EG	IN	TD



Here are two miniature five-square crosswords using the same grid – but the letters have been mixed up. You have to work out which letters belong to which crossword.

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.

CRYPTIC CROSSWORD

ACROSS

- It is not difficult for Simon (6)
- Somewhat heartbroken after end of affair (6)
- Floor covering reduced design carved in relief (7)
- Horse race in the Midlands? (5)
- Sweet windfall for citrus grower? (5,4)
- River in pastureland (3)
- Tool used to tighten a golf club (11)
- Ray moved to a resort in Scotland (3)
- It is easy to find holes in her work (9)
- Exit with a bang (2,3)
- After three feet a marine finds part of a ship's spar (7)
- Be exhausted and dehydrated in race (3,3)
- You can keep watch on him (6)

DOWN

- Only to such an extent is Peter the court painter (6)
- Note it comes up the same (5)
- Leave with permit to drive perhaps (7)
- Make total sense? (3,2)
- Being hairy might suit her! (7)
- Sounded similar in the end (6)
- Protect lady agitated by prehistoric reptile (11)
- Drawing a box with nothing in it (7)
- Unscrupulous one with a medal taking examination (7)
- Rang me about the trough (6)
- Ready to assist an actor (6)
- Prisoner removed file on rebel leader (5)
- The rascal in the pack (5)

QUICK CROSSWORD

ACROSS

- Large ape (5-4)
- Vulgar (6)
- Cosy (4)
- Lip (4)
- Turn aside (6)
- Surroundings (7)
- Bitter plant (4)
- Freshwater fish (4)
- Spoil (3)
- Newt (3)
- Due (4)
- Yugoslav leader (4)
- Hotel employee (7)
- Pantihose (6)
- Cooking fat (4)
- Exhort (4)
- Horizontal beam (6)
- Representatives (9)

DOWN

- Streamlet (6)
- Nullify (6)
- Straighten (6)
- Corrosive liquid (4)
- Candidate (7)
- Scottish hillside (4)
- Roman soldier (9)
- Vendor's patter (5,4)
- Car horn sound (4)
- Stared (5)
- Injure (4)
- Dappled (7)
- Draw aimlessly (6)
- Emotional shock (6)
- Confused mass (6)
- Work party (4)
- Auction (4)

NONAGRAM

L	E	T
A	M	O
T	L	N

How many words of four letters or more can you make from this Nonagram? Each word must use the central letter, and each letter may be used only once. At least one word using all nine letters can be found.

Guidelines:

- 28 Good; 34 Very Good; 39 Excellent.

Any word found in the Concise Oxford Dictionary (Tenth Edition) is eligible with the following exceptions: proper nouns; plural nouns, pronouns and possessives; third person singular verbs; hyphenated words; contractions and abbreviations; vulgar slang words; variant spellings of the same word (where another variant is also eligible).

CROSS CODE

Each number in our Cross Code grid represents a different letter of the alphabet. You have three letters in the control grid to start you off. Enter them in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares.

1	2	3	4	5	6	7	8	9	10	11	12	13
								H				
14	15	16	17	18	19	20	21	22	23	24	25	26
	O							R				

As you get the letters, fill in other squares with the same number in the main grid and control grid. Check off the alphabetical list of letters as you identify them.

SUDOKU

Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

EASY

	3			2	1		8	5
	8	4						
5		6			7			
		8	7					9
	7	1		4	3	5		
						2		1
				5		7	3	
6	4		9		8			2
3	1					8		4

HARD

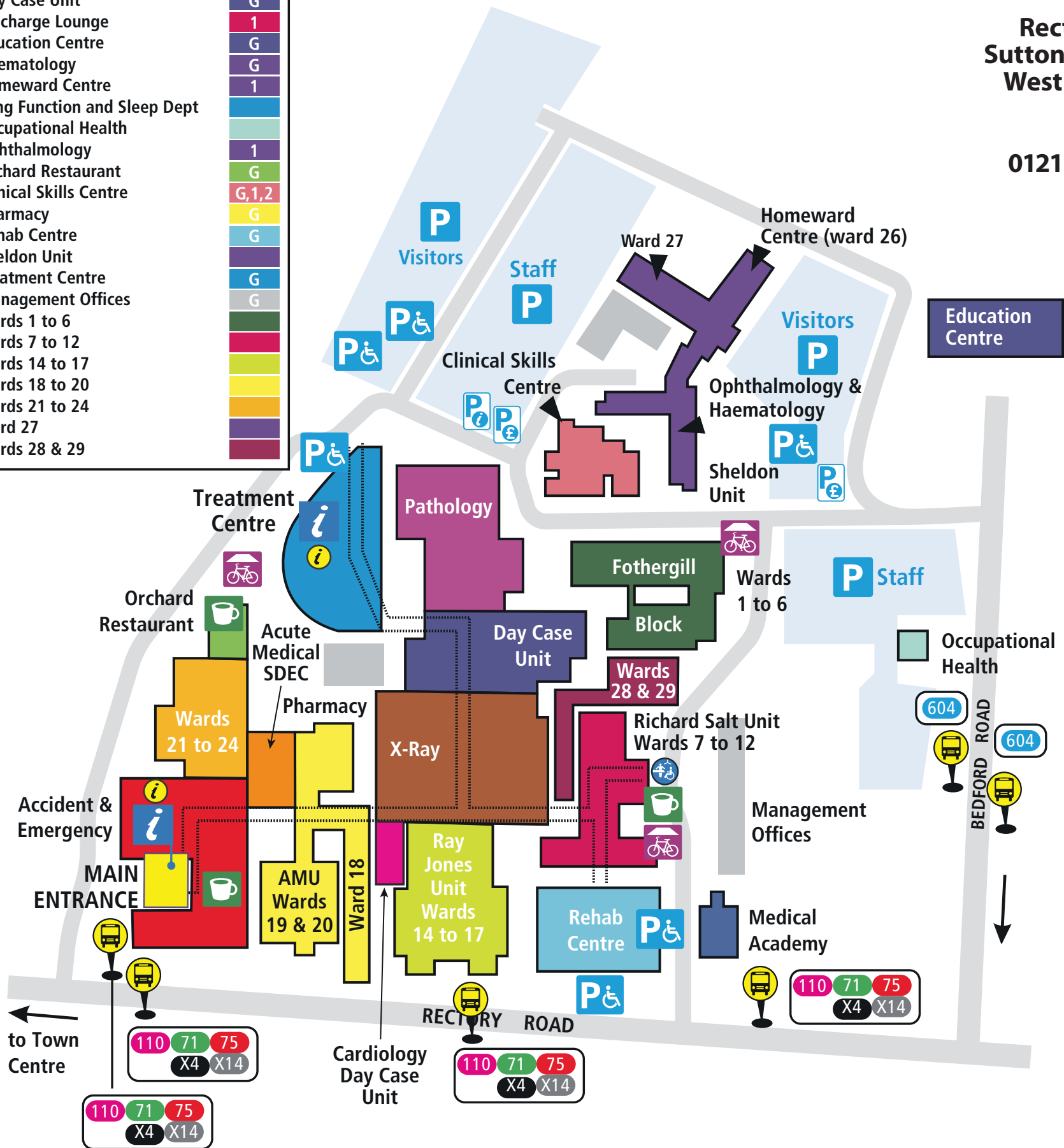
	2			1				7
								9
		7	2	9	4			6
				1				
5				7			9	
	3	4		6			8	
4		8						3
							6	1
			5					4

SOLUTIONS

QUICK CROSSWORD SOLUTIONS:
 ACROSS: 1. Large ape (5-4) Gorilla; 9. Vulgar (6) Scabrous; 10. Cosy (4) Cozy; 11. Lip (4) Lip; 12. Turn aside (6) Turn; 13. Surroundings (7) Surroundings; 16. Bitter plant (4) Bitter; 17. Freshwater fish (4) Trout; 18. Spoil (3) Spoil; 20. Newt (3) Newt; 21. Due (4) Due; 23. Yugoslav leader (4) Tito; 25. Hotel employee (7) Porter; 26. Pantihose (6) Tights; 29. Cooking fat (4) Lard; 30. Exhort (4) Exhort; 31. Horizontal beam (6) Beam; 32. Representatives (9) Representatives.
 DOWN: 2. Streamlet (6) Brook; 3. Nullify (6) Nullify; 4. Straighten (6) Straighten; 5. Corrosive liquid (4) Acid; 6. Candidate (7) Candidate; 7. Scottish hillside (4) Glen; 8. Roman soldier (9) Legionary; 13. Vendor's patter (5,4) Vendor; 14. Car horn sound (4) Horn; 15. Stared (5) Stared; 18. Injure (4) Injure; 19. Dappled (7) Dappled; 22. Draw aimlessly (6) Wander; 23. Emotional shock (6) Shock; 24. Confused mass (6) Mob; 27. Work party (4) Party; 28. Auction (4) Auction.

CROSS CODE SOLUTIONS:
 ACROSS: 1. Scarell Pike; 2. The Moon; 3. Nicola Walker; 4. Misery; 5. St Martin-in-the-Fields; 6. Los Angeles; 7. Martello towers; 8. Fe; 9. The Voice UK; 10. St Andrews, Scotland.
 DOWN: 1. Simple; 2. Derby; 3. Lincolnton; 4. Father; 5. Lincolnton; 6. Derby; 7. Lincolnton; 8. Derby; 9. Lincolnton; 10. Derby; 11. Lemon; 12. Derby; 13. Lincolnton; 14. Derby; 15. Lincolnton; 16. Manger; 17. Prompt; 18. Knave; 19. Lifer; 20. Knave; 21. Prompt; 22. Yardarm; 23. Scrawdiner; 24. Albert; 25. Scrawdiner; 26. Ayr; 27. Lagenmaker; 28. Gang; 29. Sale; 30. Lifer; 31. Prompt; 32. Yardarm; 33. Scrawdiner; 34. Albert; 35. Scrawdiner; 36. Ayr; 37. Lagenmaker; 38. Gang; 39. Sale; 40. Lifer; 41. Prompt; 42. Yardarm; 43. Scrawdiner; 44. Albert; 45. Scrawdiner; 46. Ayr; 47. Lagenmaker; 48. Gang; 49. Sale; 50. Lifer; 51. Prompt; 52. Yardarm; 53. Scrawdiner; 54. Albert; 55. Scrawdiner; 56. Ayr; 57. Lagenmaker; 58. Gang; 59. Sale; 60. Lifer; 61. Prompt; 62. Yardarm; 63. Scrawdiner; 64. Albert; 65. Scrawdiner; 66. Ayr; 67. Lagenmaker; 68. Gang; 69. Sale; 70. Lifer; 71. Prompt; 72. Yardarm; 73. Scrawdiner; 74. Albert; 75. Scrawdiner; 76. Ayr; 77. Lagenmaker; 78. Gang; 79. Sale; 80. Lifer; 81. Prompt; 82. Yardarm; 83. Scrawdiner; 84. Albert; 85. Scrawdiner; 86. Ayr; 87. Lagenmaker; 88. Gang; 89. Sale; 90. Lifer; 91. Prompt; 92. Yardarm; 93. Scrawdiner; 94. Albert; 95. Scrawdiner; 96. Ayr; 97. Lagenmaker; 98. Gang; 99. Sale; 100. Lifer; 101. Prompt; 102. Yardarm; 103. Scrawdiner; 104. Albert; 105. Scrawdiner; 106. Ayr; 107. Lagenmaker; 108. Gang; 109. Sale; 110. Lifer; 111. Prompt; 112. Yardarm; 113. Scrawdiner; 114. Albert; 115. Scrawdiner; 116. Ayr; 117. Lagenmaker; 118. Gang; 119. Sale; 120. Lifer; 121. Prompt; 122. Yardarm; 123. Scrawdiner; 124. Albert; 125. Scrawdiner; 126. Ayr; 127. Lagenmaker; 128. Gang; 129. Sale; 130. Lifer; 131. Prompt; 132. Yardarm; 133. Scrawdiner; 134. Albert; 135. Scrawdiner; 136. Ayr; 137. Lagenmaker; 138. Gang; 139. Sale; 140. Lifer; 141. Prompt; 142. Yardarm; 143. Scrawdiner; 144. Albert; 145. Scrawdiner; 146. Ayr; 147. Lagenmaker; 148. Gang; 149. Sale; 150. Lifer; 151. Prompt; 152. Yardarm; 153. Scrawdiner; 154. Albert; 155. Scrawdiner; 156. Ayr; 157. Lagenmaker; 158. Gang; 159. Sale; 160. Lifer; 161. Prompt; 162. Yardarm; 163. Scrawdiner; 164. Albert; 165. Scrawdiner; 166. Ayr; 167. Lagenmaker; 168. Gang; 169. Sale; 170. Lifer; 171. Prompt; 172. Yardarm; 173. Scrawdiner; 174. Albert; 175. Scrawdiner; 176. Ayr; 177. Lagenmaker; 178. Gang; 179. Sale; 180. Lifer; 181. Prompt; 182. Yardarm; 183. Scrawdiner; 184. Albert; 185. Scrawdiner; 186. Ayr; 187. Lagenmaker; 188. Gang; 189. Sale; 190. Lifer; 191. Prompt; 192. Yardarm; 193. Scrawdiner; 194. Albert; 195. Scrawdiner; 196. Ayr; 197. Lagenmaker; 198. Gang; 199. Sale; 200. Lifer; 201. Prompt; 202. Yardarm; 203. Scrawdiner; 204. Albert; 205. Scrawdiner; 206. Ayr; 207. Lagenmaker; 208. Gang; 209. Sale; 210. Lifer; 211. Prompt; 212. Yardarm; 213. Scrawdiner; 214. Albert; 215. Scrawdiner; 216. Ayr; 217. Lagenmaker; 218. Gang; 219. Sale; 220. Lifer; 221. Prompt; 222. Yardarm; 223. Scrawdiner; 224. Albert; 225. Scrawdiner; 226. Ayr; 227. Lagenmaker; 228. Gang; 229. Sale; 230. Lifer; 231. Prompt; 232. Yardarm; 233. Scrawdiner; 234. Albert; 235. Scrawdiner; 236. Ayr; 237. Lagenmaker; 238. Gang; 239. Sale; 240. Lifer; 241. Prompt; 242. Yardarm; 243. Scrawdiner; 244. Albert; 245. Scrawdiner; 246. Ayr; 247. Lagenmaker; 248. Gang; 249. Sale; 250. Lifer; 251. Prompt; 252. Yardarm; 253. Scrawdiner; 254. Albert; 255. Scrawdiner; 256. Ayr; 257. Lagenmaker; 258. Gang; 259. Sale; 260. Lifer; 261. Prompt; 262. Yardarm; 263. Scrawdiner; 264. Albert; 265. Scrawdiner; 266. Ayr; 267. Lagenmaker; 268. Gang; 269. Sale; 270. Lifer; 271. Prompt; 272. Yardarm; 273. Scrawdiner; 274. Albert; 275. Scrawdiner; 276. Ayr; 277. Lagenmaker; 278. Gang; 279. Sale; 280. Lifer; 281. Prompt; 282. Yardarm; 283. Scrawdiner; 284. Albert; 285. Scrawdiner; 286. Ayr; 287. Lagenmaker; 288. Gang; 289. Sale; 290. Lifer; 291. Prompt; 292. Yardarm; 293. Scrawdiner; 294. Albert; 295. Scrawdiner; 296. Ayr; 297. Lagenmaker; 298. Gang; 299. Sale; 300. Lifer; 301. Prompt; 302. Yardarm; 303. Scrawdiner; 304. Albert; 305. Scrawdiner; 306. Ayr; 307. Lagenmaker; 308. Gang; 309. Sale; 310. Lifer; 311. Prompt; 312. Yardarm; 313. Scrawdiner; 314. Albert; 315. Scrawdiner; 316. Ayr; 317. Lagenmaker; 318. Gang; 319. Sale; 320. Lifer; 321. Prompt; 322. Yardarm; 323. Scrawdiner; 324. Albert; 325. Scrawdiner; 326. Ayr; 327. Lagenmaker; 328. Gang; 329. Sale; 330. Lifer; 331. Prompt; 332. Yardarm; 333. Scrawdiner; 334. Albert; 335. Scrawdiner; 336. Ayr; 337. Lagenmaker; 338. Gang; 339. Sale; 340. Lifer; 341. Prompt; 342. Yardarm; 343. Scrawdiner; 344. Albert; 345. Scrawdiner; 346. Ayr; 347. Lagenmaker; 348. Gang; 349. Sale; 350. Lifer; 351. Prompt; 352. Yardarm; 353. Scrawdiner; 354. Albert; 355. Scrawdiner; 356. Ayr; 357. Lagenmaker; 358. Gang; 359. Sale; 360. Lifer; 361. Prompt; 362. Yardarm; 363. Scrawdiner; 364. Albert; 365. Scrawdiner; 366. Ayr; 367. Lagenmaker; 368. Gang; 369. Sale; 370. Lifer; 371. Prompt; 372. Yardarm; 373. Scrawdiner; 374. Albert; 375. Scrawdiner; 376. Ayr; 377. Lagenmaker; 378. Gang; 379. Sale; 380. Lifer; 381. Prompt; 382. Yardarm; 383. Scrawdiner; 384. Albert; 385. Scrawdiner; 386. Ayr; 387. Lagenmaker; 388. Gang; 389. Sale; 390. Lifer; 391. Prompt; 392. Yardarm; 393. Scrawdiner; 394. Albert; 395. Scrawdiner; 396. Ayr; 397. Lagenmaker; 398. Gang; 399. Sale; 400. Lifer; 401. Prompt; 402. Yardarm; 403. Scrawdiner; 404. Albert; 405. Scrawdiner; 406. Ayr; 407. Lagenmaker; 408. Gang; 409. Sale; 410. Lifer; 411. Prompt; 412. Yardarm; 413. Scrawdiner; 414. Albert; 415. Scrawdiner; 416. Ayr; 417. Lagenmaker; 418. Gang; 419. Sale; 420. Lifer; 421. Prompt; 422. Yardarm; 423. Scrawdiner; 424. Albert; 425. Scrawdiner; 426. Ayr; 427. Lagenmaker; 428. Gang; 429. Sale; 430. Lifer; 431. Prompt; 432. Yardarm; 433. Scrawdiner; 434. Albert; 435. Scrawdiner; 436. Ayr; 437. Lagenmaker; 438. Gang; 439. Sale; 440. Lifer; 441. Prompt; 442. Yardarm; 443. Scrawdiner; 444. Albert; 445. Scrawdiner; 446. Ayr; 447. Lagenmaker; 448. Gang; 449. Sale; 450. Lifer; 451. Prompt; 452. Yardarm; 453. Scrawdiner; 454. Albert; 455. Scrawdiner; 456. Ayr; 457. Lagenmaker; 458. Gang; 459. Sale; 460. Lifer; 461. Prompt; 462. Yardarm; 463. Scrawdiner; 464. Albert; 465. Scrawdiner; 466. Ayr; 467. Lagenmaker; 468. Gang; 469. Sale; 470. Lifer; 471. Prompt; 472. Yardarm; 473. Scrawdiner; 474. Albert; 475. Scrawdiner; 476. Ayr; 477. Lagenmaker; 478. Gang; 479. Sale; 480. Lifer; 481. Prompt; 482. Yardarm; 483. Scrawdiner; 484. Albert; 485. Scrawdiner; 486. Ayr; 487. Lagenmaker; 488. Gang; 489. Sale; 490. Lifer; 491. Prompt; 492. Yardarm; 493. Scrawdiner; 494. Albert; 495. Scrawdiner; 496. Ayr; 497. Lagenmaker; 498. Gang; 499. Sale; 500. Lifer; 501. Prompt; 502. Yardarm; 503. Scrawdiner; 504. Albert; 505. Scrawdiner; 506. Ayr; 507. Lagenmaker; 508. Gang; 509. Sale; 510. Lifer; 511. Prompt; 512. Yardarm; 513. Scrawdiner; 514. Albert; 515. Scrawdiner; 516. Ayr; 517. Lagenmaker; 518. Gang; 519. Sale; 520. Lifer; 521. Prompt; 522. Yardarm; 523. Scrawdiner; 524. Albert; 525. Scrawdiner; 526. Ayr; 527. Lagenmaker; 528. Gang; 529. Sale; 530. Lifer; 531. Prompt; 532. Yardarm; 533. Scrawdiner; 534. Albert; 535. Scrawdiner; 536. Ayr; 537. Lagenmaker; 538. Gang; 539. Sale; 540. Lifer; 541. Prompt; 542. Yardarm; 543. Scrawdiner; 544. Albert; 545. Scrawdiner; 546. Ayr; 547. Lagenmaker; 548. Gang; 549. Sale; 550. Lifer; 551. Prompt; 552. Yardarm; 553. Scrawdiner; 554. Albert; 555. Scrawdiner; 556. Ayr; 557. Lagenmaker; 558. Gang; 559. Sale; 560. Lifer; 561. Prompt; 562. Yardarm; 563. Scrawdiner; 564. Albert; 565. Scrawdiner; 566. Ayr; 567. Lagenmaker; 568. Gang; 569. Sale; 570. Lifer; 571. Prompt; 572. Yardarm; 573. Scrawdiner; 574. Albert; 575. Scrawdiner; 576. Ayr; 577. Lagenmaker; 578. Gang; 579. Sale; 580. Lifer; 581. Prompt; 582. Yardarm; 583. Scrawdiner; 584. Albert; 585. Scrawdiner; 586. Ayr; 587. Lagenmaker; 588. Gang; 589. Sale; 590. Lifer; 591. Prompt; 592. Yardarm; 593. Scrawdiner; 594. Albert; 595. Scrawdiner; 596. Ayr; 597. Lagenmaker; 598. Gang; 599. Sale; 600. Lifer; 601. Prompt; 602. Yardarm; 603. Scrawdiner; 604. Albert; 605. Scrawdiner; 606. Ayr; 607. Lagenmaker; 608. Gang; 609. Sale; 610. Lifer; 611. Prompt; 612. Yardarm; 613. Scrawdiner; 614. Albert; 615. Scrawdiner; 616. Ayr; 617. Lagenmaker; 618. Gang; 619. Sale; 620. Lifer; 621. Prompt; 622. Yardarm; 623. Scrawdiner; 624. Albert; 625. Scrawdiner; 626. Ayr; 627. Lagenmaker; 628. Gang; 629. Sale; 630. Lifer; 631. Prompt; 632. Yardarm; 633. Scrawdiner; 634. Albert; 635. Scrawdiner; 636. Ayr; 637. Lagenmaker; 638. Gang; 639. Sale; 640. Lifer; 641. Prompt; 642. Yardarm; 643. Scrawdiner; 644. Albert; 645. Scrawdiner; 646. Ayr; 647. Lagenmaker; 648. Gang; 649. Sale; 650. Lifer; 651. Prompt; 652. Yardarm; 653. Scrawdiner; 654. Albert; 655. Scrawdiner; 656. Ayr; 657. Lagenmaker; 658. Gang; 659. Sale; 660. Lifer; 661. Prompt; 662. Yardarm; 663. Scrawdiner; 664. Albert; 665. Scrawdiner; 666. Ayr; 667. Lagenmaker; 668. Gang; 669. Sale; 670. Lifer; 671. Prompt; 672. Yardarm; 673. Scrawdiner; 674. Albert; 675. Scrawdiner; 676. Ayr; 677. Lagenmaker; 678. Gang; 679. Sale; 680. Lifer; 681. Prompt; 682. Yardarm; 683. Scrawdiner; 684. Albert; 685. Scrawdiner; 686. Ayr; 687. Lagenmaker; 688. Gang; 689. Sale; 690. Lifer; 691. Prompt; 692. Yardarm; 693. Scrawdiner; 694. Albert; 695. Scrawdiner; 696. Ayr; 697. Lagenmaker; 698. Gang; 699. Sale; 700. Lifer; 701. Prompt; 702. Yardarm; 703. Scrawdiner; 704. Albert; 705. Scrawdiner; 706. Ayr; 707. Lagenmaker; 708. Gang; 709. Sale; 710. Lifer; 711. Prompt; 712. Yardarm; 713. Scrawdiner; 714. Albert; 715. Scrawdiner; 716. Ayr; 717. Lagenmaker; 718. Gang; 719. Sale; 720. Lifer; 721. Prompt; 722. Yardarm; 723. Scrawdiner; 724. Albert; 725. Scrawdiner; 726. Ayr; 727. Lagenmaker; 728. Gang; 729. Sale; 730. Lifer; 731. Prompt; 732. Yardarm; 733. Scrawdiner; 734. Albert; 735. Scrawdiner; 736. Ayr; 737. Lagenmaker; 738. Gang; 739. Sale; 740. Lifer; 741. Prompt; 742. Yardarm; 743. Scrawdiner; 744. Albert; 745. Scrawdiner; 746. Ayr; 747. Lagenmaker; 748. Gang; 749. Sale; 750. Lifer; 751. Prompt; 752. Yardarm; 753. Scrawdiner; 754. Albert; 755. Scrawdiner; 756. Ayr; 757. Lagenmaker; 758. Gang; 759. Sale; 760. Lifer; 761. Prompt; 762. Yardarm; 763. Scrawdiner; 764. Albert; 765. Scrawdiner; 766. Ayr; 767. Lagenmaker; 768. Gang; 769. Sale; 770. Lifer; 771. Prompt; 772. Yardarm; 773. Scrawdiner; 774. Albert; 775. Scrawdiner; 776. Ayr; 777. Lagenmaker; 778. Gang; 779. Sale; 780. Lifer; 781. Prompt; 782. Yardarm; 783. Scrawdiner; 784. Albert; 785. Scrawdiner; 786. Ayr; 787. Lagenmaker; 788. Gang; 789. Sale; 790. Lifer; 791. Prompt; 792. Yardarm; 793. Scrawdiner; 794. Albert; 795. Scrawdiner; 796. Ayr; 797. Lagenmaker; 798. Gang; 799. Sale; 800. Lifer; 801. Prompt; 802. Yardarm; 803. Scrawdiner; 804. Albert; 805. Scrawdiner; 806. Ayr; 807. Lagenmaker; 808. Gang; 809. Sale; 810. Lifer; 811. Prompt; 812. Yardarm; 813. Scrawdiner; 814. Albert; 815. Scrawdiner; 816. Ayr; 817. Lagenmaker; 818. Gang; 819. Sale; 820. Lifer; 821. Prompt; 822. Yardarm; 823. Scrawdiner; 824. Albert; 825. Scrawdiner; 826. Ayr; 827. Lagenmaker; 828. Gang; 829. Sale; 830. Lifer; 831. Prompt; 832. Yardarm; 833. Scrawdiner; 834. Albert; 835. Scrawdiner; 836. Ayr; 837. Lagenmaker; 838. Gang; 839. Sale; 840. Lifer; 841. Prompt; 842. Yardarm; 843. Scrawdiner; 844. Albert; 845. Scrawdiner; 846. Ayr; 847. Lagenmaker; 848. Gang; 849. Sale; 850. Lifer; 851. Prompt; 852. Yardarm; 853. Scrawdiner; 854. Albert; 855. Scrawdiner; 856. Ayr; 857. Lagenmaker; 858. Gang; 859. Sale; 860. Lifer; 861. Prompt; 862. Yardarm; 863. Scrawdiner; 864. Albert; 865. Scrawdiner; 866. Ayr; 867. Lagenmaker; 868. Gang; 869. Sale; 870. Lifer; 871. Prompt; 872. Yardarm; 873. Scrawdiner; 874. Albert; 875. Scrawdiner; 876. Ayr; 877. Lagenmaker; 878. Gang; 879. Sale; 880. Lifer; 881. Prompt; 882. Yardarm; 883. Scrawdiner; 884. Albert; 885. Scrawdiner; 886. Ayr; 887. Lagenmaker; 888. Gang; 889. Sale; 890. Lifer; 891. Prompt; 892. Yardarm; 893. Scrawdiner; 894. Albert; 895. Scrawdiner; 896. Ayr; 897. Lagenmaker; 898. Gang; 899. Sale; 900. Lifer; 901. Prompt; 902. Yardarm; 903

Department	Level
Accident & Emergency	G
Acute Medical SDEC	G
AMU	G
Cardiology Day Case Unit	G
Day Case Unit	G
Discharge Lounge	1
Education Centre	G
Haematology	G
Homeward Centre	1
Lung Function and Sleep Dept	
Occupational Health	
Ophthalmology	1
Orchard Restaurant	G
Clinical Skills Centre	G,1,2
Pharmacy	G
Rehab Centre	G
Sheldon Unit	
Treatment Centre	G
Management Offices	G
Wards 1 to 6	
Wards 7 to 12	
Wards 14 to 17	
Wards 18 to 20	
Wards 21 to 24	
Ward 27	
Wards 28 & 29	



Correct at 7 March 2024

Key to symbols



Bus stop



Travel information screen



Information/Reception



Car park



Disabled car parking spaces



Car park info hut



Car park pay machine



Cycle shelter



Coffee shop/Restaurant



Changing Places toilet