

# Nottingham Children's Hospital

*Newsletter – March 2015*



*We are here for you*

## Welcome to the Spring edition of our newsletter

We have a small but perfectly formed Spring edition of the newsletter, but do not let this fool you! It is still packed with fantastic articles for you to peruse over a well deserved beverage. We have news about E39 and E40 wards refurbishment and the Teenage cancer Trust Unit (page 3 and front cover).

Read all about Claire's trip to Japan (page 4) and Millie's long locks to pixie crop for charity (page 15). We have lots of Christmas festivities to report (pages 5, 7 and 14) and music, story telling and World religion day from the Hospital School (pages 16 – 17).

We are proud to report that three of our Consultants have received national awards (page 18) and Karine Latter describes her rollercoaster journey to achieving her PhD (page 19). Please enjoy our latest edition of the newsletter!

**Michelle Bennett**  
on behalf of the Editorial Team

### WE NEED YOU!

Are you interested in sharing news from your ward or department? Do you know your way around a computer? Can you come up with catchy titles for articles? If so we need you to join the editorial team and contribute to creating this quarterly newsletter.

We meet monthly for an hour and have a shared drive on the intranet where we can all access the newsletter template and get creative! On a personal level, being an editor for the newsletter is very rewarding and keeps you up to date with news in Nottingham Children's Hospital (NHC).

On a professional level it is great for your portfolio and demonstrates your effective communication skills and artistic talents. So if you are interested, please contact one of the editorial team for more information.

### Contact us:

If you have any news you would like to share please send an email to Michelle Bennett, Claire Hardy, Nadya James, Ginny McGivern or Sam Ward.

**The deadline for the next issue is 25<sup>th</sup> May 2015.**

This information is available in different languages and formats. For more information please contact Michelle Bennett  
[michelle.bennett2@nuh.nhs.uk](mailto:michelle.bennett2@nuh.nhs.uk)



NOTTINGHAM SYMPHONIC WIND ORCHESTRA  
Conductor: Keiron Anderson

**A M E R I C A**

Music from the Americas, including  
Bernstein West Side Story, Kamen Band of Brothers,  
John Williams Midway March, Nestico Salute to American Jazz

Saturday 28th March 2015 7:00 PM  
Djanogly Recital Hall, Nottingham NG7 2RD  
Tickets £10.00 in advance, £12.00 on the door,  
including light refreshments from Windblowers 0115 941 0543

*Windblowers*  
Nottingham Symphonic Winds  
Registered charity number 1146640  
[www.nottinghamnhsymphonicwinds.org.uk](http://www.nottinghamnhsymphonicwinds.org.uk)

musical excellence, supporting good causes

## ***New wards for Nottingham Children's Hospital***

Oncology and Neurosciences patients at NCH are enjoying brand new wards following the completion of a multi-million pound revamp. Wards E39 and E40 have been given a total make-over in order to provide a better experience for our young patients.

E39 will cater for younger Oncology patients, while a five-bedded Teenage Cancer Trust (TCT) unit at the end of it is dedicated solely to teenagers with.



The new-look E40 will be used by our Neurosciences patients. The wards had a phased reopening at the end of January / beginning of February and feature colourful wall art, state-of-the-art air filtration technology and improved communal areas including play-rooms and a quiet room.

An official opening ceremony is set to be held in a few months to thank all those who donated to the development through Nottingham Hospitals Charity and the TCT.

Stephanie Smith, Head of Service for NCH, said:

***“I'd like to say a huge thank you to everyone who fundraised for the development and to all the staff that have worked so hard to keep things running smoothly while the building work took place. We are delighted with the new-look wards and feedback from patients and their families has been great.”***

## ***A Great Year for Children's Daycare***

Children's Day care has had a great 2014! The children and parents have been based on E41 for the last year while E38 Daycare was being refurbished. The refurbishment is now complete and we are happy to be home!

Day care patients which consist of Oncology, Haematology and Rheumatology specialties, have had a great time throughout summer, with lots of activities taking place in the Hospital school. The summer saw lots of staff being nominated by children for the ice bucket challenge. Shaz, a member of the Play and Development Team got soaked and needed wind screen wipers on her glasses!

The oncology patients went to watch the Lord of the Rings film, at the local Cineworld. The rheumatology teenagers visited the Red Hot Buffet each with a friend from school or college and got to experience foods from around the world, and an endless supply of ice-cream! The haematology patients went to Pizza Hut with friends from their school, which was great.

Day care has been busy with the ward move as clinics have been based on A-floor and D-floor. This has meant a lot of walking about for children, families and staff. We would like to say a really big thank you to everyone for being supportive, understanding and working together. You have been amazing!

**Shaz Akhtar, Play and Development Leader**

## Supporting Hospital Play In Japan



Back in December I was fortunate enough to go to Tokyo to support the Non Profit Organisation Hospital Play Japan in delivering training to qualified and student Health Play Specialists (HPS), as well as other parties interested in the developing roles in hospital play. Hospital play is such a new concept in Japan. They currently have 85 qualified, registered HPS in the whole country, training only 15 HPS students per year at the University of Shizuoka.

My first stop was a flying visit to Tokyo Metropolitan Children's Hospital, a purpose built hospital just outside the city. With only one HPS for the whole hospital based in outpatients providing preparation for surgery, play is provided off the ward in small play areas by Nursery Nurses. I also worked in the National Rehabilitation Centre For Disabled Children for two days. Working alongside their HPS who is also a registered Nurse, providing play, preparation and distraction for patients with a range of physical disabilities aged up to 23 years.

The other two hospitals I visited were Seirei Hamamatsu General Hospital which had a 16 bed children's ward and Shizuoka General Hospital which had 10 paediatric inpatient beds within a ward caring for children, young people and adults. I spent two days working on ward 3b with the HPS and Nursery Nurse and had a fantastic time playing with patients and learning how to do origami. The staff on the ward wanted to hear all about NCH and I was invited to show the video about the NCH Play and Development Service to the Sensei (Professor) on the ward round.

As well as my time working in the hospitals I also ran two full day workshops in both Tokyo and Shizuoka, sharing some of the things that we do. I did three presentations all of which had practical aspects including preparing children for Transplant: a MDT approach, helping children talk about their worries and promote positive thinking and 'The Trouble with Tablets'. The sessions were attended by almost 60 people in total and had fantastic feedback. Following on from this we are hoping to host 8 Japanese HPS students later this year to continue to support their training and development.

### Claire Hardy, Health Play Specialist





## Frozen Christmas Party



On 19<sup>th</sup> December the children on the Haemodialysis unit were treated to a "Frozen themed party.



Frozen invitations were sent out to the children who attend regularly for dialysis and all were encouraged to come in fancy dress. Staff transformed the dialysis unit into a winter wonderland with sparkly snowflakes and a giant inflatable snowman.

We were very fortunate to have the party funded by the ladies of the Breaston and Draycott Women's Fellowship, who raise money for various local charities. We had a buffet, sing - a long Frozen film, themed arts and craft activities as well as an appearance from Elsa and Olaf, thanks to one of the nurses contacting "Fun Timez Mascotz" who were more than happy to help out.

The children loved every minute (as did the staff and parents) seeing the smiles on their faces as the characters appeared and sang along to "Let it Go".

All of this would not have been possible without the support of staff in dialysis and on E17 as well as the Hospital school teachers.

**Angela Thompson**  
Staff Nurse



## ***OPUS MUSIC – An Apprentice Insight***

Since September 2014 I have been an Apprentice Hospital Musician with OPUS, bringing live music into the children's wards at QMC. The OPUS musicians work here and at other hospitals in the East Midlands, and are highly experienced providers of music in healthcare settings.

Most Wednesdays in term-time I meet two of them at the hospital school before we move out onto the wards to make music with the children. Sometimes the school staff will ask us to visit a particular patient on a ward, or work with a small group of students in the school rooms.

We have a core repertoire of songs and pieces that we use as basis for improvisation, some well-known and others less so. The children are encouraged to join in with the percussion instruments that we take with us, or to try our instruments if they want to have a go. Often we aim to let the children lead the music that we make together, and we play in response to the mood being expressed.

Not everyone is interested, and no-one is made to participate if they don't want to, but many are delighted to have their day brightened up, parents and staff included. I've been a nurse for twenty years and a musician for longer, but this work is nothing like what I've done before in either sphere.

I've worked on many hospital wards (mainly with older people) and a good deal of that has involved having to do things that people don't want done to them. I've played to many audiences but never been so responsive to individuals and so interactive. Initially it was very daunting, and I felt I couldn't do what the OPUS musicians do.



After a term I still have a lot to learn but I'm feeling more and more comfortable with being a musician in hospital and having musical interactions with the children.

It's a joy to see what a difference live music makes to the atmosphere, whether it's to provide a bit of excitement to break the boredom, or to soothe and quieten when things are tense. I really look forward to my Wednesdays with OPUS and always leave exhilarated and feeling like we've had a positive impact on people's well-being.

**Marc Block**  
**Apprentice Hospital Musician**

## ***Hungry Horse Brings Cheer to Children at Christmas***

Carrier bag upon carrier bag full of Christmas selection boxes and gifts were delivered to children at NCH on 11<sup>th</sup> December, after six Hungry Horse pubs in Nottingham teamed up for a festive appeal. In November, drop off points were set up at the Beekeeper, the Crusader, the Sherwood Manor, the Water's Edge, the Wheelhouse and the Wolds where customers were encouraged to donate a selection box or a gift for a child who would be spending time in hospital at Christmas.

They received hundreds of donations for the 'Horsemas' appeal and the managers visited the NCH with the Hungry Horse mascot Super Horse. A number of wards were visited as Super Horse met children and their families, handing out selection boxes and spreading festive cheer. All the toys donated by customers were left at the hospital for children to play with throughout the year.

Marc McGuigan, Business Unit Director for Hungry Horse, said: ***"At Hungry Horse we pride ourselves in being family friendly and part of the local community and this appeal perfectly demonstrates those things."***

***"I would like to thank all of our customers in Nottingham for their generous donations and I hope that the visit from Super Horse and the managers with all their gifts brought a bit of festive cheer to the children and their families at Queen's Medical Centre. We wish them all well"*** (press release used with permission).

For more information visit [www.hungryhorse.co.uk](http://www.hungryhorse.co.uk)



# Nottingham Children and Young People's Rheumatology Service Family day



Parent comment:  
Fantastic kids had a great time

Young person comment:  
I talked to girls around the same age as me and swapped stories and we did some craft activities

Parent comment:  
"Enjoyable friendly environment and great opportunity to talk with others"

This was the second family day for the service. 45 adults and children attended the event held at Blott's Country Club on 21<sup>st</sup> February 2015



Formal talks:  
Over the Wall (Michelle Ainsworth)  
Transitional care (Jenny Shipman)  
Patient Held Digital Record (Dr Rangaraj)  
Uveitis (Nikki Camina)

Information shared about National Rheumatoid Arthritis Society (NRAS) and the Children's Chronic Arthritis Association

- ACTIVITIES**
- Ice breaking session
  - Colouring
  - Various craft making kits
  - Poster making – to share experience of illness
    - Young person's group
    - Sibling group
    - Fathers group
    - Mothers group

**Jenny Shipman (Event Organiser), Nikki Camina, Karen Kelsall (Craft Consultant) and Liz Stretton**  
Nottingham Children and Young Peoples' Rheumatology team

## ***Ketogenic Cookery Workshop***

On Wednesday 11<sup>th</sup> February we held a ketogenic cookery session at the Nottingham Belfry Hotel. This was for parents and carers from our Nottingham and Derby group of patients on the ketogenic diet.

The ketogenic diet is a high fat low carbohydrate diet used for intractable epilepsy to assist with seizure management and we have over 20 patients between the Nottingham and Derby children's wards on the diet. A number are on oral diet and some need to be tube fed. The diet is very prescriptive and families need to use dietary scales to weigh and measure much of their food on a daily basis. This ensures the ketosis.

The event was kindly sponsored by Nutricia, the company which makes many of the specialised products used in diet therapy. Their diet chef Neil demonstrated some tasty dishes such as keto pizza, pancakes and muffins. The parents then had a chance to make the recipes and have a taste of what they made. It was so helpful to see all the products used for the diet on one large table!

We had input from the UK charities that support the families on the diet. The Daisy Garland Charity has generously sponsored my work at the children's hospital with delivering the diet over the last six years. Please check out their website on [www.thedaisygarland.org](http://www.thedaisygarland.org).

Daisy Garland raise funds to support children's dietitian's working with the ketogenic diet and without their financial support, this rewarding and valuable work would not be possible. They also produce support literature, starter packs for families and are at the end of the telephone to listen and assist families when needed.

Everyone found the session really useful and I hope we can have another similar event in the future.

**Jane Davison**  
**Daisy Garland Ketogenic Dietician**



# Children's Hospital Better for You Team



In the last newsletter we promised to tell you more about the new projects that have grown out of the things you told us in Octoberfest. Read on...

## The New Projects

### The Elective Surgical Pathway

This is a HUGE project and there's not room here to tell you all about it; come and visit us in the hub to find out more. We have started by reviewing data; we even have a graph on the wall at the moment to illustrate bed numbers; very unlike us I know. Don't get too worried though, it's a rather colourful graph, more modern art than graph actually!



No change



### The Children's Hospital Web Site

We have made a start on updating the public web site. The project team meets every month and we'll be contacting individual services to work with us on their pages. Please start thinking about what information you want to publish. Apparently we should be aiming content at the level of an intelligent 12 year old. We would like to include more pictures both of the departments and of you - are you ready for your close-ups?

# Children's Hospital Better for You Team

## Play and Youth Services Project



The play and youth teams have been asking our children, young people, families and staff how they can improve the current service. Through February we concentrated on staff feedback; members of the teams have been out and about with the bandwagon, and held open sessions in the hub and youth room.

As with any event involving the Better for You team there was plenty of cake, but this event went one better. Who knew you could have so much fun with cornflour and water? Ann led a very sheltered early life! She was so excited about it that she stopped to buy some cornflour on the way home. Painting was also on offer, Picasso has nothing on these lot!



Mark and Lisa



Ann discovers corn flour

Medical students at play

Anne the chaplain



So far the teams have collected over 500 comments, ideas and suggestions about the services. Thank you to everyone who has contributed. During March we aim to concentrate on collecting feedback from our patients and families. Please ask patients for comments and feed them back to your play leader, the youth team or the hub. We will be sharing all the feedback during April; then comes the exciting part, trialling new projects!

The play and youth teams



## ***Promoting Play for Long Term Ventilated Children***

My name is Carole and I am a Play Specialist working on critical care with a specialist interest in long term ventilated (LTV) children. Since December 2014 I have been employed for four hours per week with the LTV team looking at promoting the role of play with LTV children.

I was asked by the community team if I would do a teaching session to Carin 4 Families carers during their two day study day on LTV. There were carers who had shown a special interest in LTV and already worked with LTV children in the community.

For those of you who know me will appreciate I didn't jump up and down with excitement at this. Presenting has never been my strength or love but as my new role involved promoting play I could hardly refuse!

I decided to join the whole two day study day which was very informative and interesting, looking at the physiology around breathing and why some children may require assistance with breathing, along with a talk from other members of the team.

My talk was on play and development. Reminding the carers that all children have a right to play and that when these children go home having spent all or most of their life in hospital it is really important that play is offered in a structured way.

These children have never experienced normal play in a home setting. As Rachel Gregory our Wellchild nurse says

***“These children are CHILDREN with ventilators not VENTILATED children”***

They need to be given opportunities to play and develop in order to meet their milestones as much as their condition allows. Sometimes they just need pointing in the right direction. Sometimes they need more guidance and assistance.

The session was well received and not as daunting as I had feared but it is true that the more you do something the easier it becomes.

**Carole Taylor**  
**Health Play Specialist**



***Children's Home Ventilation and Neuromuscular Disease Service  
Nottinghamshire, Lincolnshire,  
Derbyshire***

## ***'Hugh Jolly Memorial Lecture' and Workshops at Great Ormond Street Hospital***

These lectures are annual event in the Play Specialists calendar but I've never attended one until last year. The theme was very much linked to our play staff PPI link group work with the main speaker focusing on different ways to involve patients in consultation and how important and valued our role is within this field.

A valuable part of the day was spent networking and sharing contact details with other HPS from around the country.

NAHPS (The National Association of Health Play staff) is attempting to research what we do and attach costings to our service to highlight the impact of our work.

For example, preparation play with a child needing radiotherapy can eliminate the need for use of an anaesthetic and therefore cut the cost of the procedure considerably.

This audit/review was delivered as a short presentation and then discussed at length among the delegates. It is a particular challenge that our profession faces in a financial climate where we need to be able to justify our work with financial benefits and to continue to have credibility within the health field.

Another interesting lecture was focused on values and behaviours. This was introduced with a "who dunnit?" type sketch on DVD. We were asked to think about how the characters were coming across and how our pre judgements might affect the "true" story.

It provided food for thought and reinforced the values and behaviours message. The main lecture in the afternoon focused on patient feedback and different ideas and campaigns to do this. NCH was mentioned for the work done as part of the "15 steps challenge" and there were other ideas specific to children and young people with an account from a young person about how it feels to be in hospital.

I came away with some ideas and plan to put them forward to the various link groups in our play team. Overall, the day was very valuable and a rare opportunity for networking with other play staff from other hospitals.

**Alison Price**  
Health Play Specialist

### **NTU Students**

This year we have had some fantastic students from Nottingham Trent University who have worked along side us on the wards and in clinics. They have had the opportunity to observe us preparing and supporting patients through procedures as well as taking part in play activities too.

Sophie Bloxam who was based on E17 for a couple of weeks helped in making Ninja Turtle shells so she could surprise a patient along with play staff.

It was so much fun for everyone on the ward who wanted to take photos with us. But most of all Tyler Fletcher who had originally requested that I dress up as Michelangelo got to be Leonardo. It was great to see the smile on his face when we came around the corner.



**Claire Hardy**  
Health Play Specialist

## *Christmas Cheer for All to Hear!*

Christmas 2014 is now a happy distant memory however the NCH Play and Development Team would like to thank everyone who helped to spread Christmas cheer during the festive season.

We would like to thank all visitors who gave up their personal time and to all who donated gifts for patients and their families.

The Play and Development Team worked hard throughout December and pulled together to make this all possible.



## ***Millie's Long Locks to Pixie Crop Challenge***

E17 newly qualified Staff Nurse Millie Painter went under the scissors recently to share her golden locks with less fortunate youngsters. Her long hair – all fourteen inches of it – was snipped off and given to the Little Princess Trust – which provides real hair wigs to children suffering hair loss through chemotherapy or alopecia ([www.littleprincesses.org.uk](http://www.littleprincesses.org.uk)).

She has now raised over **£1000** for The Kinder Appeal which is the charitable fund supporting the work of the EMEESY Children's Kidney Network, based on E17 ward. Children with kidney disease need a significant amount of treatment which can affect all parts of their lives, for example, activities, holidays, diet, and education. This has a lifelong impact on both the child and their families. Kinder provides support in many ways including practical support for children and their families, developing information booklets for parents and children, training for staff and research into the causes and treatment for children with kidney disease. Much of the work of Kinder is about helping children with kidney disease to have as normal a family life as possible!

Kinder's long term plan is to extend the unit to provide, better play and recreation facilities for patients and their siblings, as well as improving the facilities for parents and carers with better waiting areas and parents room. In the short term we aim to provide activities for inpatients, holidays and residential trips for our patients and support for families caring for children with chronic kidney conditions.

Millie explained that ***“During my training as nurse I became friends with an inspirational young lady who's life has been massively affected by the condition alopecia. Because of this I now know the difference a good quality wig can make. Allowing a sense of normality. That's why this Christmas, I am donated 14” of hair to The Little Princess Trust.”***

***“I have been overwhelmed by the generosity of so many people. It's astonishing and I know it will make a huge difference to children and their families whose lives have been devastated by the effects of kidney disease. I am humbled by all of the support.”***

Millie is now going to be joining the fundraising team within the children's hospital. Look out for exciting charity news that will be coming soon! If you would like to donate please visit:

[www.justgiving.com/locks-of-love](http://www.justgiving.com/locks-of-love).



## *Spill the Beans Visit our Hospital School*

On Friday 6<sup>th</sup> February, a group called Spill the Beans came to the children's wards with a view to bringing "Joy to the Wards". The two men who make up this group are Paul Cookson, a poet and Stan Cullimore, a former member of the House Martins pop group, that some people who are of a slightly more mature nature may remember!

These two men have teamed up, and together with their gifts of music and educational ability are able to spend a few minutes with children and young people and instantly teach them a rap or tune about a mathematical or literacy principal that will stick in their mind. It was truly amazing to see.



Paul and Stan played their ukuleles to captivated audiences (pupils, parents, nursing and teaching staff). Everyone enjoyed the lively songs, poems and jokes based on ideas which came from the pupils themselves.

All this has come about with the joining of the NCH school with the West 8 partnership of schools in the area. When schools join together and join forces in this way, it is remarkable what can be achieved!

There was truly "joy on the wards" if NCH on Friday 6<sup>th</sup> February and we are great full to Stan and Paul who gave up their time to come here.

**Gary Mace**  
**E17 Dialysis Ward Teacher**

### **World Religion Day**

The 18<sup>th</sup> January was World Religion Day, and we thought why not turn it into World Religion Week at the Hospital School! So throughout the week there were various exciting activities going on across the wards, and in other areas of the hospital including the children's outpatients, children's x-ray and the children's ED department.

On the Tuesday there was a trip to the multi-faith centre led by Anne and Amna, which involved looking around the various places of worship available in the hospital, as well as time for some fun craft activities and word searches for the children!

To give children an insight into the beliefs and practices of the key world religions, they got involved in a variety of games and activities on the wards such as making stained-glass windows, designing henna tattoos and thinking about our own special places!

To add to this, there was a 'world religion week band-wagon' going round piled up with information and even some yummy treats! All in all it was a very successful week of which the photographs and work by children will be up for display in the main school corridor.

**Jasmin Clarke**  
**Teaching Student**

## ***Fabulous February for the Hospital School***

February has been a busy month for us! We have celebrated World Religion Day (see previous article) and at the beginning of February, Richard Kensington from OPUS brought in some large djembe drums.



Richard taught pupils how to play them in different ways using different parts of the hand and how to play rhythms in different ways. The group then individually played their own rhythm which sounded amazing when all put together.

Our Storytelling Week was 2<sup>nd</sup> - 6<sup>th</sup> February and it coincided with National Storytelling Week. Our focus was 'Stories from Around the World' and this fitted in wonderfully with our topics of Africa and the Chinese New Year.

Pupils on all wards focussed their literacy activities around storytelling and writing, which was later shared with others. Our own Readwell Storyteller Amanda came in and told stories from around the world to a variety of pupils, which was a wonderful experience for them as in today's busy life they don't get to experience this very often.

Ling Peng, a Chinese artist, held a workshop where she showed pupils how to make moveable Chinese dragons, told stories from China and played them her Chinese violin.



## ***NCH Consultants Research Recognised with National Award***



On Wednesday 4th February three Paediatric Consultants from Nottingham Children's Hospital attended an event organised by the National Institute for Health Research (NIHR) to recognise Leading Principal Investigators (PIs) for Commercial Clinical Trials. This was held at BMA House and the Chief Medical Officer, Sally Davies, attended, giving a speech commending the work of commercial PIs. There were 35 first global recruits in the NIHR Clinical Research Network last year (increased from only a handful a few years ago), 15 of these were children's studies and 3 of these were at NUH.

Patrick Davies, Rangaraj Satyapal and Alan Smyth received an award – all for first global recruits. This represents exceptional performance for Nottingham Children's Hospital, the Children's specialty and for CRN East Midlands.

It is vitally important to give children the opportunity to participate in commercial clinical trials if they are to benefit from new drugs. These trials provide key information on effectiveness, safety, dosing and formulation. More information can be found on the following link.

<http://nuhrise.org/2015/01/nottingham-university-hospitals-investigators-recognised-at-nihr-lead-commercial-event/>



## ***The Rollercoaster Ride to a Professional Doctorate***

From 2009-2014 I undertook and completed a Doctorate in Health Science at the University of Nottingham (UoN). Looking back at the five year journey, I can compare it to that of a roller-coaster ride, with ups and downs, a lot of adrenaline and a feeling of euphoria at the end!



For anyone considering a similar journey, below are my tips on how to survive and enjoy the ride, rather than hold on and scream.

**At the beginning:** Explore the reasons for agreeing to the ride. The research study that I undertook for the degree was born from a professional concern surrounding the lack of evidence or established best practice to deliver care to infants born with the rare condition of Pierre Robin Sequence.

As a result of the finding from the study national specialist nursing standards were developed to improve care and a grant application made to develop a downloadable information resource for parents.

**Strap yourself in:** Use all support available to you. Your academic supervisors will be there to support you all the way, along with friends, family and colleagues. Remember to access all the support offered.

The UoN provide excellent support services including the Greenfield Medical Library services and access to peer support.

**Enjoy the ride:** Including the ups and downs. Accept that there will be challenges along the way. Some parts of the ride will be more enjoyable than others. As with most journeys, the final destination is worth the effort. A good self-help book is a must. How to write a thesis by Rowena Murray was my book of choice.

What would I say to anyone thinking about signing up for the ride? - [Go for it.](#) I am more than happy to talk to anyone who would like more information or help to point you in the right direction.

**Dr Karine Latter (DHSci MSc RHV RGN QN)**

### **New Arrivals: Children's Physiotherapy**

Kirsty Croft following the birth of her daughter, Faye.

Amy Spokes following the birth of her daughter, Matilda.

Congratulations to Andy Valentine and Rachel on the birth of their son, Jake.

### **Many Congratulations to:**

Karine Latter PhD

### **News from Children's Physiotherapy:**

Jamie Johnson is moving to adult outpatients physiotherapy

www.nottinghamsymphonicwinds.org.uk, registered charity number 1146640  
Musical director Keiron Anderson; Patron, Ernest Tomlinson

## NOTTINGHAM SYMPHONIC WIND ORCHESTRA

Special guests: Paul Jackson & Karen Robinson

# THE MAGIC OF STAGE & SCREEN

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*My Fair Lady*, and *South Pacific*

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