

# the E T E N E O

Edition 1 | 2015



# St George's opens its doors

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# MESSAGE FROM MILES

Welcome to the first Gazette of 2015 and a Happy New Year to all our readers.

**Every year at St George's is busy but 2014 was especially eventful – and positive!**

It was great to see our helipad in action after so much planning. The shorter journeys and faster access to our specialist trauma centre has helped to save the lives of many patients already.

We opened a new cardiology day unit at the main site and the cardiology team at Queen Mary's Hospital introduced a physiologist-led murmur clinic to cut the length of time patients wait for test results.

2014 was the year when our **audiologists at Queen Mary's Hospital** received a prestigious accreditation for the quality of service and patient experience they provide, and we began work on the Wolfson neurorehabilitation unit at the hospital.

Another impressive achievement was having some of the best patient survival rates following kidney transplants.

And we were delighted to receive an overall 'good' rating from the **Care Quality Commission** following its inspection of the trust last year, with some services rated 'outstanding'.

In Autumn, the first of 30 episodes of '24 Hours in A&E' filmed at St George's Hospital aired on **Channel 4** – the production of the series was a huge undertaking for all involved.

Other notable successes were winning the **Nelson Health Centre** tender to provide Merton residents with healthcare services closer to home and being a founding member of a pioneering Genomic Medicine Centre. **More on this on page 9.**

Last year also saw St George's Hospital open a surgical admissions lounge to help with capacity planning, and a departure lounge to provide a pleasant environment for patients awaiting medication or transport, freeing up beds for patients who need them. This came just in time to help the trust manage



the usual peak in demand for services in winter. **Read more on page 4.**

The run up to Christmas was a particularly busy time for our children's wards with some very special visitors, as you will discover **on page 8.**

And 2015 brings with it new opportunities as well as challenges in the form of on-going budget pressures, requiring us to do more with less while maintaining high standards of patient care.

We had hoped that by now we could update you on our application to become a **Foundation Trust**. We are still on track, albeit a little slower than anticipated and will update you as soon as we receive news.

## PATIENT RUNS MARATHON FOR SPINAL CORD INJURY RESEARCH

When Alan Akhgar arrived at St George's emergency department the outlook was bleak.

He had suffered a brain aneurysm following a road accident and had to undergo a craniotomy and excision,

which was carried out by consultant neurosurgeon, Dr Marios Papadopoulos. That was October 2012. Since then, Alan has not just regained his health but has got married and run a half marathon.

**Alan spoke passionately about his time at St George's:**

*"Mr Papadopoulos and the neurosurgery team saved my life. From surgery to recovery to rehabilitation I've received unbelievable care."*

As a sign of appreciation for the treatment he received, Alan and his wife Jo completed a sponsored half marathon to raise money for the Neurosciences Research Foundation.

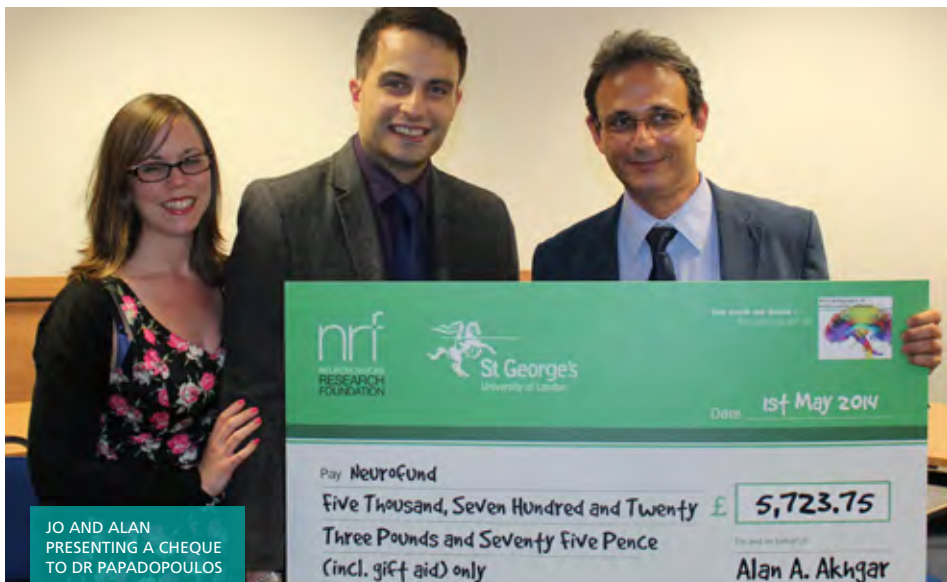
This registered charity funds vital research by St George's Hospital and St George's, University of London into the cause of damage to the brain and nervous system with the goal of developing new and more effective treatments.

Together Alan and Jo raised almost £6000.

There are several ways to donate to the Neurosciences Research Foundation.

Find out more here [www.neurosciencesresearchfoundation.org.uk](http://www.neurosciencesresearchfoundation.org.uk)

or call **020 8725 5121**, email [neurosurgery@sgul.ac.uk](mailto:neurosurgery@sgul.ac.uk)



JO AND ALAN PRESENTING A CHEQUE TO DR PAPAPOPOULOS

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# 24 HOURS IN A&E

NEARLY THREE MILLION PEOPLE TUNED IN TO WATCH THE FIRST EPISODE OF CHANNEL 4'S AWARD-WINNING SERIES, '24 HOURS IN A&E', FROM ITS NEW HOME - ST GEORGE'S HOSPITAL!

Our emergency department is one of the most advanced and busiest in the world seeing up to 450 patients every day. Filmed around the clock by 104 cameras, the series captures dramatic and emotional stories of love, life and loss and has had the nation and viewers further afield glued to their TV screens.

The first episode from St George's Hospital was broadcast on 30th October. The current (second) series is broadcast on Wednesdays at 9pm on **Channel 4**.

'24 hours in A&E' highlights the outstanding work of our emergency department and the teams supporting it, as well as boosting the profile of the trust and the NHS as a whole.

The trust's Twitter and Facebook accounts have been alive with opinion and emotion in response to the rollercoaster nature of the documentary...

**"Doctors, nurses and medical staff have my greatest respect."**

**"20 minutes in and I'm on that emotional roller coaster already. How can anyone NOT defend the #NHS?"**

**"Love #24hoursae - my family's been glued, stitched, bandaged & medicated back to health by @StGeorgesTrust many times. Forever grateful."**

**"Never ceases to amaze me how non-judgemental, compassionate and caring the staff are."**

**"This programme... #24HoursAE... amazing staff working so hard, 24 hours, seven days a week, God bless the NHS. Where would we be without it?"**

**"Watching #24hoursae time to become humble again. #LifelsTooShort."**



Hamo Forsyth, executive director of the series at **The Garden Productions**, said: "The first series of '24 Hours in A&E' to be filmed at St George's Hospital has been a huge success. It has achieved very impressive audience levels and widespread critical acclaim from viewers and the press. We are looking forward to seeing the rest of the episodes perform well in 2015."

But while the programme focuses on the trust's excellent emergency department, the patient journey doesn't always end there. Many of those who come through its doors are treated on our wards and clinics by our many other dedicated staff; 24 hours, seven days a week.

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## BE WISE – IMMUNISE!

**Immunisation is the most important way of protecting people from preventable disease. This process starts at birth to help give children as healthy a start in life as possible.**

The trust's immunisation team offers routine childhood vaccinations to children from the day they are born right up to the age of 19, in clinics and in schools. Most childhood immunisations are offered through primary care, so the GP surgery is the first port of call.

But what if a child or young person has missed an immunisation? The good news is that the clinics run by the trust's immunisation team offer an alternative for missed immunisations.

In Wandsworth, two immunisations are provided by the team rather than through primary care:

- **BCG to protect against tuberculosis, for babies up to one year old and for other eligible children up to 16 years**
- **HPV (human papillomavirus) to help prevent cervical cancer is offered to year 8 schoolgirls aged 12 - 13 and older girls up to age 17. The programme must commence prior to their 18th birthday.**

BCG immunisation is by appointment only and should be arranged by telephone. Clinics are held at the following centres and clinics: Balham, Brocklebank, Doddington, St John's therapy centre, Stormont, Tooting, Westmoor and Yvonne Carr children's centre (Wandsworth Council).

HPV immunisation is offered in schools and clinic appointments are available for girls who miss this or who are late starting the programme.

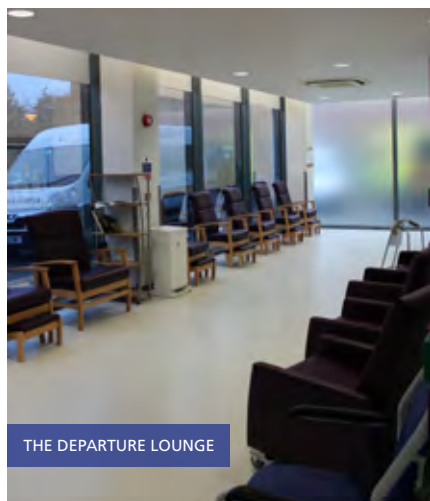
The immunisation team offers year 9 students (13 - 14 years) the final booster for diphtheria, tetanus, polio and a meningococcal C booster. The MMR (measles/mumps/rubella) vaccine can be given with these when a young person has not already received two doses or where their history is unknown.

For children who require hepatitis B vaccination, the first three doses are given in hospital and in primary care. The fourth dose and blood serology (blood testing) are provided by the immunisation team.

**For missed immunisations, walk-in clinics are held at St John's therapy centre on Wednesdays, 15:00 to 18:30, and at Balham health centre on Saturdays, 11:00 to 12:00.**

Call **020 8812 6090** for the helpline and appointments.  
Email: [wpct.imms@nhs.net](mailto:wpct.imms@nhs.net)

## NEW DEPARTURE LOUNGE TO HELP REDUCE WAITING TIMES



A new 'departure lounge' opened at St George's Hospital in December. It aims to tackle the most common causes of delays at the point of discharge in order to free up hospital beds, so that acutely ill patients can be promptly admitted and cared for.

Often a patient's discharge is delayed by waiting for medications or transport home, so this new facility serves two main purposes: to provide a clean, warm and pleasant environment for patients to wait and to reduce waiting times for newly admitted patients.

Qualified nursing and healthcare staff in the departure lounge work together with ward colleagues, the pharmacy, transport and relatives to track the progress of medications, transport bookings and collection of patients from hospital.

The departure lounge provides 12 spaces and is open from 8:30 to 21:00, Monday to Saturday.

Toilet facilities are provided and drinks and snacks are available throughout the day. The lounge does not have an allocated parking bay, but relatives collecting patients can park their cars for a few minutes outside the lounge to do so.



# 28 YEARS

## AT ST GEORGE'S AND COUNTING

Gazette interviewed matron *Linda Smith* about her career to find out what keeps her at the trust after so many years.



### What is your role?

I am the matron for specialist medicine, responsible for several specialties including infectious diseases and HIV inpatients, chest medicine outpatients and tuberculosis services, diabetes, endocrinology and rheumatology. My role is to ensure that patients are cared for to a high standard and to provide visible operational leadership to the nursing teams.

### How long have you worked at the trust?

I started my training at St George's school of nursing in 1986, spending the first year at St James Hospital in Balham before it closed, then moving on to St George's in 1987, so I've now worked at St George's for 28 years!

### What made you become a nurse?

I was doing my nursery nursing training at college when one of my lecturers suggested I look at nurse training. So once I had qualified, I applied to study nursing at St George's.

### Why did you choose St George's?

It was my local hospital.

### What does a typical day look like for you?

The matron's role is diverse, but the first thing I usually do is check that nothing untoward has happened overnight and that staffing is adequate. Once I know it's safe, I usually attend a board round to discuss the list of patients with the nurse in charge or discharge co-ordinator. This allows staff to focus on patients due for discharge and alerts me to any blockages. It's also a time for staff to raise any concerns and to check that staffing for the next 24 hours is sufficient. With a focus on cleanliness and infection prevention, matrons work closely with colleagues in estates, facilities and

cleaning contractors to ensure that the patient environment is the best it can be.

### What makes you stay at St George's?

St George's encourages the development of its staff who give excellent care to patients. I have seen many changes over the years, but one thing that remains constant is the friendly and welcoming approach of colleagues.

No matter what challenges they face, the family of St George's support each other and that's why so many people have stayed here so long.

### What was the proudest moment of your career?

Winning the trust's Nurse of the Year Award in 2011. I work with the most amazing teams who are so passionate about their work and put the patient at the centre of all they do, so to be nominated by them was overwhelming.

### What was the most moving moment of your career?

Two that stand out were organising a wedding on the ward for a terminally ill patient and another helping a lady give birth in the corridor outside the delivery suite - she just did not have time to get there and her baby was not going to wait! The moment that baby popped out and into my arms was hugely emotional and I felt very privileged to be the first human contact he had.

### How did you get to the position you are in today?

I started my career as a State Enrolled Nurse and in 1993 completed a qualification to become a Registered General Nurse. I worked as a staff nurse in the infectious diseases unit, steadily progressing until I applied for a ward sister role in 2000. I later successfully applied for a matron's post and have

recently completed an MSc in Leadership and Healthcare Management proving that it's never too late to enter academia!

### What are the challenges and opportunities in your role?

It can be challenging to devote enough time to each of the specialties I cover, but the role is diverse with many opportunities if you are open to new challenges.

### What would you say to someone thinking about becoming a nurse?

*Nursing is a vocation and not everyone is suited to it; you need to be caring, compassionate, have a sense of humour and a flexible outlook. It is hard work but you can make a real difference to patients' lives. This brings with it a sense of satisfaction that is emotionally rewarding, as long as you are prepared to work hard!*

### Why should they choose to work at St George's Hospital?

St George's is a friendly, progressive and caring hospital where staff are well supported and encouraged to develop in their role.

Interested in a career at St George's Healthcare NHS Trust? See [www.stgeorges.nhs.uk/work-with-us/](http://www.stgeorges.nhs.uk/work-with-us/) You can search current vacancies at the trust on the NHS jobs website at [www.jobs.nhs.uk](http://www.jobs.nhs.uk)

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“ As far as these drawings are concerned, they hope to be reassuring, they hope to be interesting and make you think about children in the same situation ”

SIR QUENTIN BLAKE



# DRAGONS ARRIVE AT CHILDREN'S OUTPATIENT CENTRE

The renowned and much-loved children's illustrator, [Sir Quentin Blake](#), visited St George's Hospital in December to unveil his collection of specially drawn dragons.

Sir Quentin, who has drawn characters for books such as Matilda, The Twits and the BFG, was invited to help with the decoration of the main corridor in the children's Dragon Centre for outpatients.

Overall, Sir Quentin donated ten dragon illustrations to St George's Hospital, including dragons being examined by doctors, sitting in wheelchairs and others with children wearing slings and casts, reading books and drawing pictures. Large reproductions of these illustrations now grace the walls of the Dragon Centre for patients and relatives to enjoy for years to come.

**Sir Quentin said:** "As far as these drawings are concerned, they hope to be reassuring, they hope to be interesting and make you think about children in the same situation. "Obviously one can't expect them to be therapeutic, but what is interesting to me about it is that they do speak to each person's individual situation."

Sir Quentin has had plenty of practice drawing dragons having previously illustrated dragons for an Oxford school and two books called 'Albert the Dragon' and 'Ace Dragon Limited'.

He said: "Dragons keep turning up in my life! They've got very strange teeth, wings and so on, so they're great." And Sir Quentin's advice for aspiring illustrators is simply: "Draw a lot!"

Lucy Ribeiro, arts director at St George's, said: "We were delighted to work with Sir Quentin Blake and his team. His artwork is so well known nationally and internationally and loved by both children and adults. The murals will enable children, their families and staff to engage with and explore the artwork. It provides a fun and exciting distraction for families."

Note: the Arts St George's project was supported by the [St George's Hospital Charity](#). The art budget for this project was used on the reproduction of the drawings to enlarge them for display purposes; the work on the drawings is a donation from Sir Quentin Blake to St George's Hospital.



A YOUNG PATIENT WITH SIR QUENTIN BLAKE



THE CALDEIRA FAMILY

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## TODAY'S RESEARCH FOR TOMORROW'S GENERATION

**Medical advances start with research and this trust is lucky to have patients who take part in clinical trials.**

The Clinical Research Facility (CRF) – which opened at St George's Hospital in 2009 – is the place where it all happens.

Its wide-ranging research gives patients the chance to be involved in ground-breaking projects.

The CRF's portfolio and areas of study are constantly changing. For example, it is now embarking on a study around a new type of treatment for Meniere's inner ear disease and is about to start another study around the spread and treatment of clostridium difficile, an infection that affects the digestive system. See a list of research projects to the right.

### A patient's perspective

Patricia received a bombshell when she was diagnosed with Parkinson's disease, but when she learnt about the opportunity to be involved in clinical research into the disease, she seized it with both hands.

*"I was interested in the idea that I could combine the potential to help alleviate the symptoms of my disease, whilst at the same time helping others in a similar position. I also enjoy coming to the facility – the staff are lovely and I get biscuits too! I would definitely recommend participating in clinical research to friends and family."*

Jo Studham, clinical research transition manager at the CRF, said, **"We would like to encourage other patients or healthy volunteers to take part in cutting-edge research which will help develop treatments and diagnosis methods that will benefit generations to come."**

*"I was interested in the idea that I could combine the potential to help alleviate the symptoms of my disease, whilst at the same time helping others in a similar position."*



## THE CRF'S CURRENT RESEARCH ACTIVITIES

The Clinical Research Facility is currently engaged in:

- studies investigating the treatment of epilepsy
- hosting a weekly hepatology clinic running several studies for patients with viral hepatitis
- a large scale academic study into the effects of two different supplements on diabetic patients
- studies looking into inflammatory bowel disease
- a large study investigating the effects of a drug for use with Marfan Syndrome patients
- a study to investigate a drug infusion as a treatment for Parkinson's disease
- two trauma orthopaedic studies looking at the treatment of lower leg fractures.
- supporting a dermatology study investigating severe psoriasis
- hosting a urology study investigating whether surgical or ultrasound intervention is preferable in patients with kidney stones
- following up data for patients in a further urology study
- hosting a study looking at forming a clinical predictive tool for viral encephalitis screening
- managing data for a number of studies including two which are investigating the effect of a drug infusion on patients with either a gastrointestinal bleed or a head injury.

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FROZEN'S OLAF DELIGHTS YOUNG PATIENTS



AFC WIMBLEDON PLAYER PUTS A SMILE ON A YOUNG PATIENT'S FACE



SANTA AND HIS ELVES VISIT THE PLAYROOM BEARING GIFTS



AFC WIMBLEDON PLAYERS BRING JOY TO THE CHILDREN'S WARDS

# CHRISTMAS

## CAME EARLY TO ST GEORGE'S

Christmas came early for some patients on the children's wards at St George's Hospital in December.

Father Christmas and his two playful elves from **New Wimbledon Theatre** brought some Christmas cheer to young children on the wards and in the playroom with sacks of donated gifts, before returning to the North Pole.

The nation's new favourite snowman, Olaf from Frozen, also dropped into the paediatric intensive care unit and children's wards, lighting up the faces of the children there.

And just as the wards fell silent again, **AFC Wimbledon** arrived, laden with presents for some of our young patients.

Eighteen players from the league two squad, including Adebayo Akinfenwa and lead striker Matt Tubbs, joined team manager Neal Ardley for the visit in December.

**Team captain at AFC Wimbledon, Alan Bennett, said:**

*"The lads all got together and agreed that we would love to make a visit to the hospital and deliver presents. We had a whip-round and bought around 50 presents from Argos in Feltham. Steve the manager at Argos was great with us.*

*"It makes all the difference coming here today because it puts things in perspective. You can get so wrapped up in football, but if you take a step back then you see what other people are going through, especially young children. It's brilliant to come and meet good people with positive attitudes and put smiles on the faces of young kids."*

Justine Makin, play team leader at the hospital, said: *"It's wonderful to see so many smiling faces, especially at such a difficult time of the year when everyone*

*wants to be at home with their family around them. The team were great and gave the whole ward a much needed morale boost."*

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# ST GEORGE'S ANNOUNCED AS EQUAL PARTNER IN 100K GENOMES PROJECT

**We are pleased and proud to announce that we are part of a consortium that has been successful in its bid for funding for a genetics research project.**

As part of the South London based Genomics Network Alliance, we will be one of 11 genomic medicine centres across the country.

This news – which was covered in the national and local media, follows the Prime Minister's pledge to establish the UK as a world leader in genetic research and to transform patient care by unlocking the power of DNA.

The programme is on a scale not seen anywhere else in the world. It will focus on cancer and rare diseases and will enable pioneering research to decode 100,000 human genomes.

A genome is one whole set of a person's genes, plus all the DNA between the genes. Genomics is the study of the whole genome and how it works, but has also come to have a broader meaning to include the way that the genome is interpreted and the technologies that have been developed because of it.

The three year programme, which begins in February, has the potential to transform the future of healthcare. It could improve the prediction and prevention of disease, enable new and more precise diagnostic tests and allow personalisation of drugs and other treatments to specific genetic variants. The Genomics Network Alliance serves a population of more than seven million people and is a partnership between several of London's leading hospital trusts and universities and two of the country's biggest patient organisations:

- **Four NHS trusts:** St George's Healthcare NHS Trust, Guy's and St Thomas' NHS Foundation Trust, King's College Hospital NHS Foundation Trust and South London and Maudsley NHS Foundation Trust
- **Two universities:** St George's, University of London and King's College London
- **Two patient organisations:** Macmillan Cancer Support and Genetic Alliance UK
- **Two Academic Health Science Networks covering South London (The Health Innovation Network) and Kent Surrey and Sussex**
- **One Academic Health Science Centre:** King's Health Partners.

The four trusts will be responsible for recruiting suitable patients and their relatives to the programme, for collecting blood and tumour samples and for extracting the DNA from these samples. Macmillan Cancer Support and Genetic Alliance UK, as well as partners and networks across South London and Kent, Surrey and Sussex will help with patient engagement and communications to the public. The universities will also play a key part in genomic research and education.

**Nick Hyde, consultant maxillofacial head & neck surgeon said:**

*"This programme will further strengthen our work to improve patient care and clinical outcomes through building on new genetic evidence and research. By working collaboratively across the integrated system we will continue to improve cancer clinical outcomes and enhance patients' and carers' experience, optimising the quality of life of people living with cancer."*

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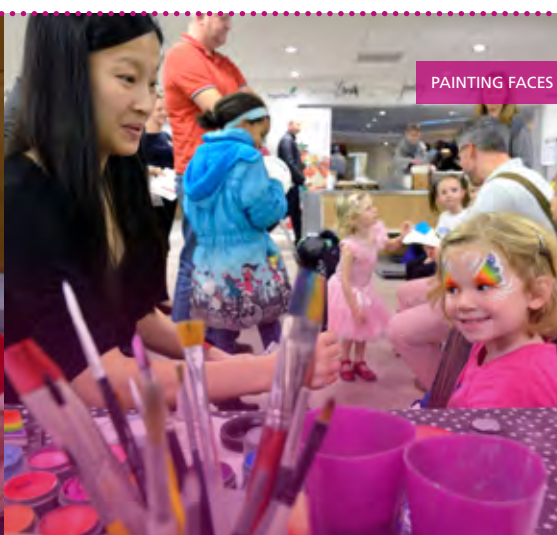




KEEPING BUGS AT BAY



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ST GEORGE'S HOSPITAL CHARITY

# ST GEORGE'S

# OPENS ITS DOORS



WANDSWORTH-BASED LARONDINA DANCE COMPANY

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## On Saturday 15th November, St George's Healthcare NHS Trust and St George's, University of London opened their doors to the public for the annual Community Open Day 2014.

The event, opened by the Mayor of Wandsworth, Councillor Stuart Thom, attracted more than 1,000 people.

Visitors were invited to browse over 60 stands representing hospital and community services, university faculties, charities, research teams, local community organisations and to enjoy some interactive activities.

As well as science and healthcare activities, family entertainment included face painting, a roaming magician, a giant Jenga game and art workshops.

Visitors were also treated to performances by the Wandsworth-based **Larondina Dance Company** – semi-finalists in last year's Got to Dance series on Sky One. There was also a rare opportunity to quiz the production team of Channel 4's popular, **'24 Hours in A&E'**, series filmed at St George's. Even Dr Mo Tahir, who featured in the first episode, made a special guest appearance to take questions from the audience. Chief executive, Miles Scott, and the university's principal, Professor

Peter Kopelman, then took the hot seat for a 'Meet the Bosses' Q&A session.

A rare glimpse behind the scenes was on offer with a series of guided tours, including the simulation unit where medical students practice their surgical skills, the central sterilisation area, and even the helipad for some lucky prize draw winners!

**Professor Peter Kopelman, principal of St George's, University of London, said:**

*"It was a real privilege to show so many people what we do at St George's, and provide an opportunity for them to have a practical experience of the many aspects of modern day medicine and healthcare."*

**Miles Scott, chief executive, St George's Healthcare, said:**

*"My thanks to everyone who came along and I hope that everyone enjoyed themselves. I look forward to future events celebrating both the trust and university."*

The feedback from visitors and staff on the day was overwhelmingly positive, but we are keen to hear any suggestions about how to make next year's open day an even greater success.

Email your ideas to the communications team at [communications@stgeorges.nhs.uk](mailto:communications@stgeorges.nhs.uk) or call 020 8725 5151

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“I never knew I would experience so much happiness working as a volunteer here at St George’s”

## SOWING SEEDS AND REAPING REWARDS

Gazette received a letter recently from a trust volunteer who wanted to share her experience of volunteering in the gardens to inspire others. Maryanne wrote:

MARYANNE AND FIANCÉ DAVID



*“I never knew I would experience so much happiness working as a volunteer here at St George’s. I help with the gardens and receive compliments all the time, more than I have ever received before in my whole life! Everyone tells me that they find the gardens uplifting, beautiful and encouraging. What they don’t know is what an absolute joy it is to be doing something for the hospital in such a pleasurable way: the plants seem to love me back the more I look after them. It is a very mutual exchange. But because of the plants and their exquisite gift of love to the planet, I have been able to meet an incredible and extraordinary bunch of people. That in itself is wonderful. Like the weather, it is an ice-breaker for conversation. Just a few minutes and friendships get planted.*”

*I owe my volunteering to my fiancé David, who has worked as a gardener at St George’s all his working life. He is 61 now and I am 63. He knew better than I how much I would love it and he was right. It’s just the best thing I could ever have done. I am very proud to be part of the gardening team and if anyone feels even remotely tempted to volunteer in any way at St George’s, I really encourage you to try. It is very rewarding, even if it is just helping someone find their way around more easily it makes a difference, sometimes a huge difference to that person struggling. Till the soil...plant...water...nurture. Look at the plant and it will tell you everything you want to know about it. This is my experience here at St George’s.” – Maryanne*

## GET INVOLVED – VOLUNTEER WITH ST GEORGE’S!

We have a team of around 300 volunteers who help our patients, staff and visitors in many ways. We welcome volunteers to the trust as a way of involving local people in the day-to-day running of our services.

Volunteers complement our services by providing additional benefits to patients and visitors, including:

- Information desk and corridor assistants to help patients and visitors find their way around St George’s Hospital
- Providing assistance at mealtimes for patients who need it
- Listening closely to what our patients say in order to promote and improve services

- Providing trolley services of books and refreshments for wards and clinics
- Carrying out basic clerical and administration tasks
- Performing music at bedsides.

Volunteering doesn’t just help others. By volunteering, you can:

- Meet other people of all ages and backgrounds and make new friends
- Be part of a team and do something worthwhile
- Learn new skills
- Make an important contribution to your local community
- Improve job-seeking opportunities.

To volunteer, you must be 18 or over, be able to make a commitment for a minimum of three hours a week for at least six months and live within the local area. We provide assistance with local travel expenses and meal vouchers are supplied for our volunteers (criteria apply).

The application process starts with an interview to assess whether this is the right option for the trust and the candidate. It then takes between 6-8 weeks from interview due to the necessary pre-employment checks. All volunteers must provide satisfactory references, be cleared by Occupational Health (health questionnaire and vaccination appointment) and complete the Disclosure and Barring Service (DBS) check.

If you would like to volunteer your time and skills you can find our current opportunities and apply on the volunteering page on the trust’s website [www.stgeorges.nhs.uk/work-with-us/volunteering/](http://www.stgeorges.nhs.uk/work-with-us/volunteering/)

If you are interested in volunteering at our other hospital, Queen Mary’s in Roehampton, please contact the Friends of Queen Mary’s on **020 8487 6798** or **020 8487 6315** for further information.

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# ST GEORGE'S KIDNEY TRANSPLANT CENTRE RANKS THIRD HIGHEST NATIONALLY

**Last year, St George's transplant centre performed an incredible 131 transplants and increased live donor transplants from 40 to 43, helping to improve and save many lives.**

A national report published by the NHS Blood and Transplant service in October 2014 also found that the trust's transplant centre had the highest one year patient survival rate following a deceased donor kidney transplant in the country and the joint highest one year patient survival rate following a live donor kidney transplant.

Additionally, receiving a transplant before undergoing dialysis has a major impact on the patient's quality of life and their long-term health and St George's has performed 39 such transplants which is above the national average, ranking St George's as the third highest for a kidney transplant centre nationally.

**Sarah Heap, consultant surgeon and transplant lead says:**

*"These results are excellent and are more remarkable given the fact that the current surgical team have only been working together for the last couple of years.*

*"These outcomes are only possible with the close and effective relationship we have with our colleagues within St George's and across the network which includes Epsom and St Helier, and the Royal Sussex County Hospital.*

*"The next few years are exciting times for St George's **renal unit** as we will be marking our 25th year and are working towards a new facility to support our ongoing success."*

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# THE MEMORY OF LIFE-SAVING DONORS LIVES ON

More than 100 lives have been saved over the last year thanks to donors and their families consenting to organ donation after their passing. To pay tribute to these life-saving donors, a special memorial 'Tree of Life' was unveiled in October in the Atkinson Morley wing at St George's Hospital.

The tree will act as a permanent reminder of the donors' gift of life and provide a place to honour them. Their families can now engrave a leaf with their own personal message and place this onto a branch of the tree in remembrance of their loved one.

Trust staff and colleagues from the NHS Blood and Transplant Service attended the unveiling together with 70 donor family members. The trust's chaplain, Clare Carson, and donor family members gave readings at the unveiling ceremony, before the families placed their engraved leaf on the tree.

Gordon Turpie, specialist nurse for organ donation at the trust, said: "We are delighted to welcome back all of these very special families. It is a truly wonderful gift of life that they have been brave enough to consent to at a time of such sad and personal loss.

*"Three people a day die whilst waiting for a transplant and it is only through the courageous acts of people like this that those waiting have hope. This tree will serve as a reminder to us all of their gift."*

Nicky Rawlence, the mother of a donor, said: "The pain of losing a child is immeasurable. However her memory lives on through the gift of her organ donations and brings some comfort. To know that the lives of others have been transformed is truly amazing."

If you are interested in becoming an organ donor, join the organ donor register. Call **0300 123 23 23** or go to [www.organdonation.nhs.uk/how-to-become-a-donor](http://www.organdonation.nhs.uk/how-to-become-a-donor)



MARIA FALVO WHOSE DAUGHTER WAS AN ORGAN DONOR - PICTURED HERE WITH HER GRANDDAUGHTER

## KEEP WARM THIS WINTER

Chilly winds and low temperatures combined with being cold increases the risk of heart attacks, stroke, breathing infections, flu, falls and hypothermia. Please check on family, friends and neighbours during cold weather.

Here are a few tips on keeping warm and well:

- **Get your flu vaccine – they are available at GPs and some pharmacies. Visit [www.wandsworth.gov.uk/flu](http://www.wandsworth.gov.uk/flu)**
- **Try to have hot meals and drinks. Stock up on tinned, dried and frozen foods so that you can make a hot healthy meal even if you can't get out of the house in bad weather.**
- **Plan ahead and, if you are on prescription medication, make sure you have enough in case bad weather stops you from getting out.**
- **Wear several thin layers of clothing rather than one thick layer to keep warm and tuck curtains behind the radiators to keep heat in the room.**
- **Keep moving if you can as this will help you keep warm. If walking is a problem try moving your arms or legs whilst sitting or wiggling your toes and fingers.**

For information on how to effectively and efficiently heat your home and stay well, download a free Keep Warm This Winter leaflet at [www.wandsworth.gov.uk/snow](http://www.wandsworth.gov.uk/snow)

Article supplied by Wandsworth Council Public Health Team.

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DR RICHARD CHAVASSE

## NEW FEATURE

# WHO DO YOU THINK YOU ARE?

As the first of many interviews in this new *'Who do you think you are?'* feature, Gazette interviewed consultant *Dr Richard Chavasse* about his fascinating family heritage, particularly his connection to a distinguished Captain Noel Chavasse:

### What is your role at the trust?

I am a consultant in respiratory paediatrics and care group lead for paediatric medicine at the trust.

### How long have you worked here?

I started working at St George's in 2007 whilst I was a consultant at St Helier, and moved over permanently in 2010.

### What is your connection to Captain Noel Chavasse?

Noel Chavasse is my great grandfather's cousin, although their fathers were half-brothers. I think this makes him my cousin, three times removed approximately.

### What did he do?

He was a doctor and captain with the Royal Army Medical Corps attached to the 1/10th (Scottish) Battalion of the King's Regiment (Liverpool).

### What were his accomplishments?

Noel is best known for being awarded two Victoria Crosses (VC) and the Military Cross in the Great War. His first VC was awarded in August 1916 in Guillemont. Sadly, having been badly wounded whilst trying to rescue soldiers in no-man's land, the second was awarded to Noel posthumously a year later in Wietje in Belgium. He is one of only three people to receive the Victoria Cross and bar.

Before the war, Noel and his twin brother represented Great Britain in the 1908 Olympics in the 400 metres.

### When did you discover this connection and how did this affect you?

I can't really remember when I first discovered the connection. It was after

starting at Medical School so I can't really claim he moulded my career. That said my close family have followed mainly legal and financial career pathways, so maybe we did share the 'medical gene'.

### Have you discovered any other interesting family connections? Tell us more...

With a relatively unusual name it has been possible to trace the family back to the first Chavasse to migrate from France to the UK. The most notable branch is Noel's family. His father was Bishop of Liverpool and founded Liverpool Cathedral. Noel's twin sibling also became the Bishop of Rochester. They had twin sisters who were, according to records; the first twins to both survive to 100 years. There were two other brothers who had distinguished military careers one of whom became an ophthalmic surgeon. The other died in action during the war.

The two other recipients of the double VC are also intertwined with the family. Captain Charles Upham, the third recipient, married another distant member of the Chavasse family. Lieutenant Colonel Arthur Martin-Leake, the first recipient, treated Noel following his fatal injury in 1917.

### Do you think this connection has in any way influenced your life and if so, how?

I am very honoured to share the name of someone so respected for their bravery and whose life was cut so painfully short. I cannot claim to have inherited any of his courage, selflessness nor athleticism but hope to maintain, in a small way, the medical heritage that is attached to the name.



CAPTAIN NOEL CHAVASSE

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## SHARE THE LOVE, NOT THE BUG

Visiting a loved one in hospital is bound to brighten their day but it's important that you don't pass on anything more than your best wishes.

Flu, colds, diarrhoea and vomiting are unpleasant for anyone but for poorly patients, they can be fatal.

Flu does kill every year and you can help prevent it spreading. If you are achy with coughs and sniffles or a temperature, please avoid visiting friends and relatives in hospital - you risk spreading bugs to them and other very vulnerable patients.

Did you know flu now lasts well into spring? It's no longer just a winter illness so it's still really important to get vaccinated at your local pharmacist or GP.

Diarrhoea and vomiting leads to rapid dehydration in weaker people. If you have these symptoms, please wait until you have had two days free of symptoms before visiting relatives or friends - the virus is still active for 48 hours once symptoms stop.

Encourage anyone suffering from these symptoms to have fluids and easily digestible healthy snacks.

Arthritis is also aggravated by cold weather, so please encourage those affected to wrap up well with several layers and drink plenty of fluid.

More advice is available on [www.nhs.uk](http://www.nhs.uk)

## NEW ENERGY CONTRACT FOR A MORE SUSTAINABLE FUTURE

As consumers, we are often urged to switch suppliers in order to get the best deals or to see what extra benefits can be built into current contracts, whether it's for your phone, home insurance or energy. The same rule applies at St George's where a new energy performance contract with British Gas is set to deliver a guaranteed £1.1 million per annum in savings for the trust.

The project will help us to meet environmental sustainability targets and to re-invest savings into improving our estate and facilities for staff and patients.

Following our engagement activities with staff in 2014, we will be developing a longer-term strategy of integrated sustainability, working across the trust and its services. We will be working with community partners such as **Transition Town Tooting**, a community group who have hands-on expertise in practical ways to develop individual and community carbon awareness and resilience.

This year will also see us marking NHS Sustainability Day 2015 on 26th March 2015 with activities across the trust.



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Don't go to A&E if it's not a serious emergency. Other NHS services are everywhere.

Use [www.nhs.uk](http://www.nhs.uk) to find the right treatment.

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