

# ambassador

Public and Staff Membership Magazine

**Two hospitals plan to merge!**... see pages 10 – 11 for more details regarding the plans for the merger of the L&D Hospital and Bedford Hospital to improve patient care.



From left to right David Carter and Stephen Conroy, Chief Executives of the L&D and Bedford Hospitals.



Inside this issue

- **L&D tops UK performance tables**
- **New treatment for life changing and disabling jaw injuries**
- **NHS 70th birthday celebrations**
- **Car parking update**
- **Governor spotlight**
- **Redevelopment update**
- **Diary Dates: Next Medical Lecture**

*And more...*

# welcome to ambassador

'Ambassador' is our way of communicating with you, one of our hospital members. We want to ensure that we keep you up to date with developments at the hospital and to let you know how you can get involved. We now have more than 16,000 members and we are keen for as many members as possible to play an active role in shaping how the hospital is managed and developed for the future.

## Dear Member,



Welcome to the latest edition of the Ambassador Magazine, which is issued to all Hospital Members. As I'm sure you are aware, the last few months have been dominated by the news on the proposed plan to merge the Bedford Hospital NHS trust and the L&D Hospital. There have been many public meetings held at different locations to update on the progress, and more information on the merger can be found on pages 10 and 11. It is really important that the residents of Bedford Borough sign up as members of the foundation trust that is to be formed when the merger takes place.

This will ensure fair representation from the Bedford Borough, therefore, please encourage your family and friends to sign up.

The next Medical Lecture will deal with Dementia Care and will be on Wednesday 25 April 2018 from 5.30pm to 7.30pm, presented by the teams who are involved in delivering care. There will be time for questions following the presentation. Arriving early will provide an opportunity to meet with the hospital Governors and senior staff to discuss any concerns or suggestions that you may have (see page 20 for more information). If you wish to attend, please complete the enclosed reply paid invitation card and return it by 11 April 2018. The Medical Lectures are very popular and as only limited places are available please reply as early as possible to avoid disappointment.

The presentation slides of the last Lecture on Colorectal Surgery and Stoma Care can be viewed on the L&D website under the Members' area:  
<http://www.ldh.nhs.uk/mostpopular/ft-members/member-news/>.

The L&D is very much in your hands. You have the opportunity to meet Public and Staff Governors at the Council of Governors Meetings, which are open to the public. I encourage you to attend; they are held at the John Pickles COMET Lecture Hall at the L&D. The meeting dates are listed on page 20.

### Ray Gunning

L&D Public Governor and Chairman of the  
Membership & Communications Sub Committee

*If you would like to receive an electronic copy of the Ambassador in the future please send your email address to [FTmembership@ldh.nhs.uk](mailto:FTmembership@ldh.nhs.uk)*

We hope you enjoy our Membership Magazine.

If we have your name or address incorrect or the person to whom we have sent this magazine no longer lives at the address mentioned in the address label please let us know by contacting us on the numbers given at the bottom of this page. If you have already informed the hospital of any changes but we have not updated our Membership database please accept our apologies – this is because our Membership database is not linked to the Patient database.

## Contact us

The L&D Foundation Trust **Membership Department**

Tel: 01582 718333

Email: [FTmembership@ldh.nhs.uk](mailto:FTmembership@ldh.nhs.uk)

Post: Membership Department – Trust Office, Luton & Dunstable University Hospital  
NHS Foundation Trust, Lewsey Road, Luton LU4 0DZ

Governors can be contacted by email at [Governors@ldh.nhs.uk](mailto:Governors@ldh.nhs.uk) or write to the Membership Department as above.

*This publication is produced by the L&D Foundation Trust Membership Department*

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Dear Members,



Earlier this year we said goodbye to Pauline Philip, our CEO. Pauline joined L&D in July 2010 and, through drive, determination and self-confidence, transformed the hospital into one that led the pack in all key performance indicators (both health and financial). As many probably know, Pauline became head of our regional Sustainability Transformation Plan (STP). Additionally Pauline was recruited by NHS England to improve A&E performance in "the L&D way". On the 17th January 2018 Pauline resigned with both regret and pride. In addition to improving our performance, Pauline put L&D "on the map" such that we now have more opportunities and a greater capacity of self-determination. It was very fitting that in the summer of 2017, Pauline was honored as Dame Commander of the British Empire.

I also pay great tribute to David Carter who, with his team around him, stepped up admirably into the shoes that Pauline left behind. On the 14th February 2018 we were pleased to confirm David as our substantive CEO (he had been "acting" since Pauline left) and we look forward to him maintaining and building on the high standards here at the L&D over what will, I am sure, be a successful period of office. David has a long history in the NHS having previously been a Director at Barnet and Chase Farm NHS Trust; he is also a qualified accountant, so we should be confident that our finances are safe in his hands.

In a hospital where so many people make such a massive contribution it is wrong to single out just two and I also pay tribute to all those who make this hospital the exceptional place that it is. Yes, occasionally we don't get it 100% right, but what makes me most proud of this hospital is our

determination to learn from such errors when they occur and to conduct such discussion with no blame or fault. This hospital is an exceptional institution in an exceptional profession and I am sure all members understand that. We share some of our more formal qualities within this newsletter.

As you also will know, we intend to merge our hospital with Bedford Hospital NHS Trust. This is covered more fully on pages 10 and 11. We have been pleased by the reception that this merger has received both here and in Bedford. The fundamental purpose behind this merger is that by integrating the service across two sites, we are able to offer a better 24/7 service. Working with Bedford, we have planned this to a very high degree and are confident that this will benefit all patients who will only be invited to go to the other hospital in the most exceptional circumstances – in such cases of emergency it is possible that people are less concerned by travel. We have made it very clear to the necessary NHS bodies that we will only undertake such a merger if we are convinced that they have given us the resources and finances to undertake this important step without prejudice to our purpose.

Finally, can I assure both public and staff members that, whilst we might change the name of the top integrated organisation, the identity of the L&D will not be lost in this process. We will let you know our progress, through Ambassador and for those of you on email, as soon as there is any further news.

Thanking you all for your interest and support of this great institution.

Kind regards,

Simon Linnett

## Farewell to our Chief Executive Director Dame Pauline Philip



The Trust bid farewell to Dame Pauline Philip who recently stepped down from her role as CEO of the L&D Hospital after seven years in service, to focus on her role as the National Urgent and Emergency Care Director for NHS England.

Under her extraordinary leadership, the Trust has been nationally recognised as the top performing hospital for A&E services in the country.



Pauline said, "I would like to take this opportunity to thank all of you for the amazing work that you do every day in every part of the hospital. Your hard work and extraordinary commitment has enabled the Trust to meet all the NHS quality and performance standards year on year, across all specialties, enabling our patients to receive the best treatment and care that the NHS can provide."

David Carter has since been appointed as the Chief Executive for the L&D. David was Managing Director since 2011 and has been acting CEO since April 2017 so this appointment provides important continuity of leadership for the L&D.

## L&D tops UK performance tables

In October the BBC launched a new website which tracks the performance of all hospitals in England, and it showed that the L&D was the only hospital out of 135 to meet key targets over the previous 12 months.

The tracker measured performance against three targets – being seen within four hours in A&E, within 62 days for cancer care, and not waiting longer than 18 weeks for planned operations and treatment.

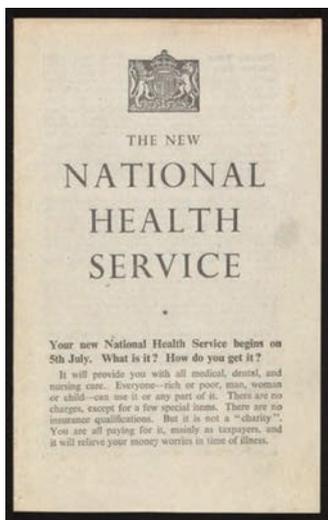
David Carter, Chief Executive, said: "We are very proud of all L&D staff for their contribution towards our performance achievements announced in the Autumn. We know that it hasn't been easy to hit these targets and we know that the winter months are extremely challenging but we are confident that, working together, we will be able to meet this challenge and continue to provide our patients with the best possible care."

# NHS 70th birthday celebrations

The NHS is turning 70 on 5 July 2018



It's the perfect opportunity to celebrate the achievements of one of the Nation's most loved institutions, to talk about the wide range of opportunities being created by advances in science and technology, and to thank the extraordinary NHS staff – the everyday heroes – who are always there to greet, advise and care for us.



We can all play a role in supporting the NHS in this special birthday year. This could be by volunteering, raising money for local NHS charities, donating blood, or by taking steps to look after our own health and by using services wisely.



The NHS's 70th birthday celebrations are now underway. Led by NHS England, the celebrations will run until July 5.

A tea dance for NHS staff and patients is being organised and further plans are expected to include exhibitions, competitions for schools and a fashion show featuring uniforms over the years.



For more information on NHS 70th celebrations visit [www.england.nhs.uk/nhs70/about/](http://www.england.nhs.uk/nhs70/about/) or follow them on Twitter @NHSat70

## Car parking update and travel services update



We're pleased to announce that following the completion of work, car parking spaces for both patients and visitors will be reinstated at the St Mary's unit.

Following feedback from visitors, the Trust recently met with Luton Borough Council to discuss the possibility of additional and more informative signage to be displayed nearby. As a result, new road signs will be designed and displayed locally to help unfamiliar visitors easily locate available parking.

Keen cyclists can also benefit from the services offered by 'Dr Bike' – a free bicycle health check open to all staff. Last month's clinic was well received and the service provided by Luton Borough Council's Sustainable Travel Team may soon return to the hospital site.



## Elected governors

The following governors are newly elected members of the Council of Governors. We congratulate them on their role and wish them well as they take up the responsibility entrusted by the public and staff members.

Here's what they had to say when asked the reason for nominating themselves as governors and what they hope to achieve over the next 12 months.

### Judi Kingham (re-elected) Public Governor for Luton



I am pleased to have been re-elected as a Public Governor to represent Luton. Over the past three years it has been good to see how very well our hospital has performed. Hopefully this will continue and whatever changes take place in the coming years, we will be able to maintain this impressive quality of service.

I look forward to representing the Luton residents. There are many rewarding aspects of being a Governor and I particularly like going out into the community to recruit members for the Foundation Trust, working with colleagues on various committees and being involved with organising the medical lectures we hold twice a year. From time to time I help with fundraising too.

Thank you to those who read the Ambassador magazine and took the time to vote for your Governors. Maybe some time in the future you too will consider putting your name forward!

### Susan Doherty (re-elected) Public Governor for Luton



The reason I nominated myself for Governor is that I have worked in the NHS for 30 years, working in General Practice. Part of my remit is to ensure that I understand how things work from both sides and use this valuable knowledge to make suggestions and recommendations for small improvements. I have a particular interest in patient participation and wish to explore this area further by becoming part of a sub-committee looking into issues and problems and identifying ways to improve where possible. We need a health service which provides the best possible clinical outcomes within very tight financial boundaries.

### Keith Barter (Elected - Returning) Public Governor for Luton



Nine years as a governor has taught me that changes come slowly in the NHS. An evolution, not a revolution. During my 'gap year' my involvement continued as a patient representative serving on the inspection (PLACE) catering and car parking groups. My passion for helping and giving a voice for those in need persuaded me to seek re-election and try to continue to contribute in the same areas. Car parking is a continuous thorn in the side of both the hospital administration and patients. I feel more cooperation from Luton Borough Council is required. A provision for short stay road parking in surrounding roads close to the hospital may help to alleviate the frustration of patients and visitors unable to park within the overextended hospital parking areas. Hospital after care concerns me, I understand via patients some cases are not working leaving patients frustrated and upset and at worst resulting in readmission.

### Jim Thakoordin (Elected-Returning) Public Governor for Bedfordshire



Our NHS is precious to all of us. It saved my life: I will always support it. Good healthcare is a human and democratic right. Our NHS is under threat due to shortage in funding and increasing demands. The L&D is one of the best performed hospital within the NHS. The staff and management are very committed. We all have a duty to support the L&D and persuade our MPs and government to fund the NHS appropriately. I want high standards, efficient, less inequality in health, caring, and equal and accessible care for everyone from birth to death.

I will continue to work with fellow governors, staff and the public to support and improve performance at the L&D. I will listen to and consult with the public and inform the Trust of your concerns and speak out, ask questions, constructively challenge and hold directors to account.

### Linda Grant (newly elected) Public Governor for Bedfordshire



The main reason I asked for your votes is that I wanted to make sure that people of Bedfordshire have a voice, especially in this exciting time. The proposed merger with Bedford hospital and the STP will affect all of us and we want to ensure you have your say.

As a governor I assure you I will represent your view point. Do not hesitate to contact me. My contact details are on page 6.

### Malcolm Rainbow (Elected-Returning) Public Governor for Hertfordshire



I am delighted to be elected back as a governor for Hertfordshire, having previously served for nine years on the Council. Over the past decade the hospital has made major advances in developing the quality of the services it provides and rightly achieved national recognition. It has also improved the patient experience, although more needs to be done on appointments, doctors' letters and discharge. Like the whole of the NHS, the L&D faces many challenges in the next few years, particularly financial, as it moves to a full seven day service. There are also opportunities, including the proposed merger with Bedford hospital and with my fellow governors, I shall do all I can to support the Board with its development plans for services and particularly help as the concept of providing more services closer to home is expanded.

### Ritwik Banerjee (re-elected) Staff Governor for Medical & Dental



When the Chairman planted the seeds of thought in my head about being a staff Governor, I started thinking about the proposal. As a medic, one gets blinkered with the job of 'making people better'. However, there is a time when you have to step back and look at it from a wider perspective. With the changes happening in the NHS and our hospital, I felt I could contribute in a different way in making the L&D a better hospital for patients and staff. As a Governor, I want to work with the board to address issues affecting the working life of the clinical staff who spend a significant time every day within the premises, trying to deliver the best health care. I would also hope to help my co-governors to look at issues from a clinical perspective and be guided by them to broaden my outlook.

### Lead Governor



Roger Turner was re-elected as a *Public Governor for Bedfordshire* and he was also re-elected *uncontested to be the Lead Governor and Deputy Chair of the Council of Governors.*

### Deputy Lead Governors

At the November 2017 Council of Governors meeting it was agreed that an election process be commenced to elect two deputy Lead Governors. There were two nominations and the following governors were elected uncontested.



Judi Kingham  
Deputy Lead Governor of the Council of Governors



Helen Lucas  
Deputy Lead Governor of the Council of Governors

# Governor spotlight

## Lead Governor's Message

I was pleased and privileged to be re-elected as Lead Governor by my fellow Governors and look forward to the next two years.

We hear so often at Annual Meetings that "last year was very busy and challenging", all I can say is that 2017 certainly was. All hospitals have seen continuing increase in demand for their services, particularly in A&E. This Winter seems to have been very challenging, but I am proud to say that the L&D still leads the country in dealing with this pressure. Well done to everyone, doctors, nurses, HCAs, porters, cleaners, maintenance staff and, of course, the Executive Team for keeping the hospital going.

This year's challenge remains much the same but with one significant addition. First demand remains high and the financial position remains difficult. Your Governors are committed to ensuring that patient safety and quality of care are maintained by holding the Non-Executive Directors to account for the performance of the hospital.

The proposed merger with Bedford Hospital is the additional challenge, and quite a challenge it is. The Governors have formed a Merger Group to keep up to date with progress and to ensure that when a vote is taken in March, the Governors can make an informed decision. Meanwhile it is important to ensure that the quality and safety of patient care is not compromised.

Being a Governor is rewarding and Governors do have an impact on the way services are delivered. We are currently recruiting new members in Bedford Borough to be ready to elect new, Bedford Governors when the merger is complete. Meanwhile there will be elections in Luton Bedfordshire and Hertfordshire later this year. Please consider putting yourself forward for election as a Governor.

Kind regards,

Roger Turner

Lead Governor and Deputy Chair of the Council of Governors

## Community Award



We are delighted that our Lead Governor and Deputy Chair of the Council of Governors, Roger Turner won the Lifetime Achievement Award at Dunstable and Houghton Regis - Business and Community Award held in November, for his services to his Town, Houghton Regis. The citation from Houghton Regis Town Council reads:

"Roger Joined the National Federation of Occupational Pensioners in 1996, became General Secretary in 1998 and led campaigns to protect the rights of pensioners across the country. He served as District Councillor on South Beds District Council for 12 years and was also a Town Councillor serving two terms of office as Town Mayor. He has been a Governor at two local schools.

Roger is a much respected member and treasurer of the Houghton Regis Heritage Society and has recently worked hard to secure charitable status for the group in 2006 he became one of the first Public Governors at the L&D Hospital and has recently been re-elected as Lead Governor. Houghton Regis would like Roger Turner to be recognised for his continued work for the Town and its community."

## Your Governors are involved:

The Governors, who represent the interests of foundation trust members and partner organisations in the local community, hold the board to account for the performance of the Trust and exercise of their statutory duties. The Governors attend the working groups and committees of the L&D which are listed below. Each of these groups is also supported by one of the Non Executive Directors.

- Remuneration and Nomination Committee
- Membership and Communication Committee
- Constitutional Working Group
- Merger Working Group
- Car Parking Working Group
- Equality, Diversity and Human Rights Committee
- Patient Led Assessment of the Care Environment (PLACE)
- Outpatient Governors Assurance Board Update
- Hospital Re-Development Programme Board – Building the New L&D
- Patient and Public Participation Group (PPPG)
- Carbon Management Programme Board
- Re-Engineering Group
- Outsourcing Project Board
- Clinical Audit and Effectiveness Committee
- (CAEC) and National Institute of Health and Clinical
- Excellence (NICE) Implementation Group
- Schwartz Rounds
- Safeguarding Adults
- Nutritional Steering Group

## New email IDs for L&D Governors

Public Governors have a general duty to represent the interests of the members of the public who elect them. Governors therefore interact regularly with the members of the public to ensure they understand the views of the public, and to make sure that they clearly communicate to them information on trust performance and planning. The Governors of Luton and Dunstable Hospital have access to L&D emails. Therefore, any public member of the hospital who wishes to contact their respective Governor can contact them via email or write to the address found at the bottom of page 2.

If a public member lives in the Hertfordshire Constituency they can contact the following Governors.

First name	Surname	e-mail address
Donald	Atkinson	governors@ldh.nhs.uk
Malcolm	Rainbow	governors@ldh.nhs.uk
Helen	Lucas	governors@ldh.nhs.uk

If a public member lives in the Luton Constituency they can contact the following Governors:

First name	Surname	e-mail address
Pam	Brown	Pam.Brown@ldh.nhs.uk
Sean	Driscoll	governors@ldh.nhs.uk
Marie-France	Capon	governors@ldh.nhs.uk
Susan	Doherty	susan.doherty@nhs.net
Jack	Wright	governors@ldh.nhs.uk
Judi	Kingham	judikingham@virginmedia.com
Anthony	Scroton	governors@ldh.nhs.uk
Mohamad	Yasin	governors@ldh.nhs.uk
Derek	Smith	dereksmith47@virginmedia.com
Keith	Barter	governors@ldh.nhs.uk
Henri	Laverdure	governors@ldh.nhs.uk
Shaobo	Zhou	governors@ldh.nhs.uk

If a public member lives in the Bedfordshire Constituency they can contact the following Governors:

First name	Surname	e-mail address
Linda	Grant	governors@ldh.nhs.uk
Dorothy	Ferguson	dorothy@harryfine.com
Jennifer	Gallucci	governors@ldh.nhs.uk
Ray	Gunning	rlgunning@btinternet.com
Sue	Steffens	governors@ldh.nhs.uk
Jim	Thakoordin	governors@ldh.nhs.uk
Roger	Turner	rogerturner10@virginmedia.com

### YOUR VOTE IS IMPORTANT!

Why is the L&D Hospital having elections each year? The L&D holds Governor Elections each year to fill any vacant seats to its Council of Governors or for those Governors whose term of office is ending.

The elected Governors represent members in our public and staff constituencies. Governors are your voice. They are accountable to you!

#### Your vote is important!

So please vote for your governor representative. The voting packs/ballot packs will be sent to members each year in July

Please cast your vote each year for your next governor representative. Governors are your voice!

Contact L&D Membership Department

on **01582 718333**

if you wish to know your eligibility to vote.

# Governor opportunities in 2018

## Have you ever considered becoming a Public Governor or a Staff Governor of the L&D?



Elections for 2018 will start in April 2018 and notices will be displayed on L&D website and sent out to our public and staff members around that time. There are 13 seats to be contested. Elections are to be held for the following positions:

- 8 Public Governors in the following constituencies:
- Public: Luton (3 vacancies)
  - Public: Bedfordshire (3 vacancies)
  - Public: Hertfordshire (2 vacancies)
- 5 Staff Governors vacancies in the following constituencies:
- Staff: Nursing & Midwifery (2 vacancies)
  - Staff: Admin, Clerical & Management (1 vacancy)
  - Staff: Professional and Technical (1 vacancy)
  - Staff: Volunteers (1 vacancy)



We are holding two Governor Awareness briefing sessions at the L&D giving you the opportunity to find out more about the Governor roles and provide you with information regarding the procedure on how to apply to be a governor at the L&D. The duration of each session is only one and a half hours and it will be held at the L&D Comet Seminar Room.



Kindly let us know if you are interested in attending any of the below session by contacting us now on **01582 718333** or emailing us at [FTMembership@ldh.nhs.uk](mailto:FTMembership@ldh.nhs.uk). If you cannot attend any one of these briefing sessions, do not worry, they are not mandatory.

### Date

Wednesday 30 May  
Wednesday 30 May

### Time

10am to 11.30am  
6pm to 7.30pm

## Annual Members' Meeting September 2017



**The Trust's 2017 Annual Members' Meeting took place on Wednesday 13 September, and was very well attended.**

The meeting provided Foundation Trust members the opportunity to hear presentations from the Trust's Chief Executive, Chief Financial Officer and Council of Governors and find out about our progress and performance over the last year and to hear of our plans for the future.

At the meeting we announced our proposal to merge with Bedford Hospital and outlined how this work would be taken forward so that a business case could be submitted in December, and if approved, the new Trust created.

Outgoing governors were thanked, and new governors introduced to the audience:

**Completed Governor terms in 2017 (Three consecutive terms: 8 years contribution)**

- Photo: Mr John Harris (Public Governor – Hertfordshire Constituency)



### Completed Terms

- Ms Sandra Bowden (Public Governor – Bedfordshire Constituency) – Three year's contribution

This year's Annual Members Meeting will take place on 5 September 2018. An invitation will be sent to all members nearer the time. If you wish to become a member please call Membership department on **01582 718333** or email us at [FTMembership@ldh.nhs.uk](mailto:FTMembership@ldh.nhs.uk)

# Medical Lecture

## Colorectal Surgery and Stoma Care

More than 100 members and patients were able to learn about various aspects of our stoma care service during our lecture in October 2017.

### The presentations were delivered by:

**Consultant Mr S V Gurjar**, Consultant Colorectal Surgeon & Clinical Director on 'The Changing World of Colorectal Surgery'.  
**Colette O'Brien** - Lead Stoma Care nurse & **Debra Schrader** Senior Clinical Stoma Nurse on 'The Role of the Stoma Care Nurse'.  
**Jennie Turner** on 'The role of a surgical ward nurse'.  
**Rosie McGrandles** Colorectal Enhanced Recovery Sister on 'Enhanced Recovery'.  
**Jenny Simpson** on Specialist Surgical Physiotherapist 'Post surgery exercise, getting moving'

Finally, we would like to thank our patients Richard Ingham and Alison Colver, who shared their experience as stoma patients.



Alison Colver



Stoma Care Team

Richard Ingham



Their presentation slides can be viewed on our website [www.ldh.nhs.uk](http://www.ldh.nhs.uk) in the Member's area (<http://www.ldh.nhs.uk/mostpopular/ft-members/member-news/>)

Feedback from our members showed that having access to health information is one of the key benefits of being members of the L&D. Governors are working with the staff to plan a series of new lectures. See page 20 for details of our next medical lecture and other meetings.

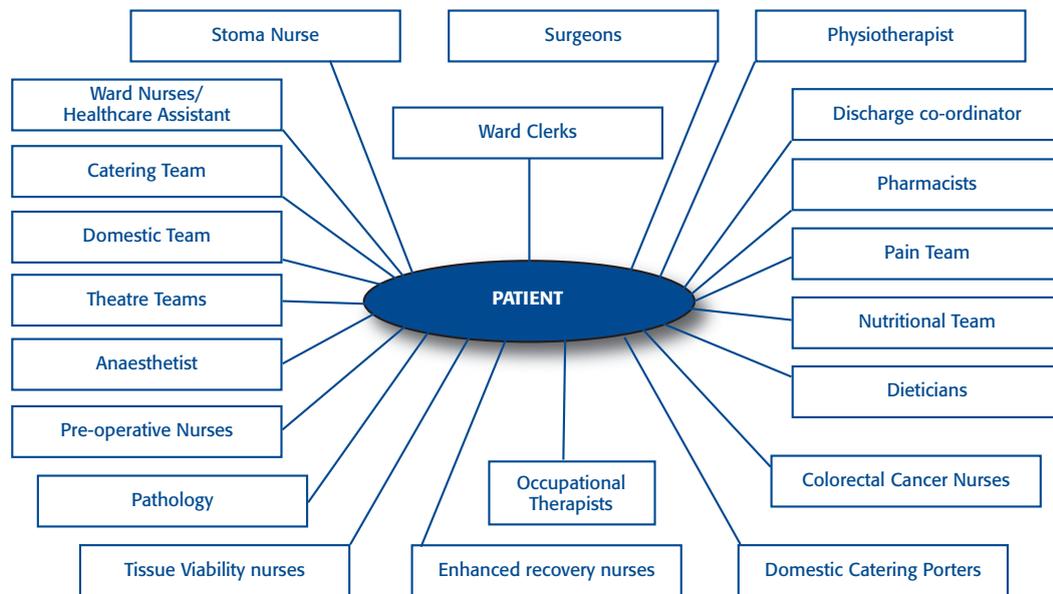
# What is Stoma?

A stoma comes from the Greek word meaning 'mouth'. However, in medical terms it refers to an artificial opening. A stoma is a surgically formed opening where the bowel is exteriorised through the abdominal wall. This enables the faeces to be eliminated from the body. The three common types of bowel stoma's are: colostomy, ileostomy and urostomy. There are a number of diseases and conditions a person may have to require the need of a stoma. The most common reasons are bowel cancer, bladder cancer, diverticular disease and inflammatory bowel disease. It is estimated that 120,000 people in the UK are living with a stoma.

The Stoma Care Nurse plays a pivotal part of the care of a patient with a stoma. This includes:

- Preoperative preparation for the formation of the stoma.
- Postoperative stoma care management – practical and psychological.
- Preparation for discharge from hospital.
- Support at home.

**The Stoma Care Nurse works as part of a large cohesive multi-disciplinary team with the patient being the centre point and most important person.**



## A Patient's Story – "Yes I have a Stoma"

I'd like to introduce you to Simone (my stoma) who used to be called Simon when I first had it formed as it misbehaved itself quite a lot.

I've had Ulcerative Colitis for most of my life, but was unaware of it. When I reached the age of 46 my bowel habits changed. My chronic constipation turned to diarrhoea and it became a struggle even to go out to take my son to school or to go shopping.

I installed buckets and bowls lined with dustbin sacks and carried spare clothing with me wherever I went – even in the car - as the diarrhoea became so severe, I was going 30 times a day or more.

There was no warning of when I needed to rush to the toilet. I was passing blood, mucus and had pain.

The medication prescribed was many and varied, causing nausea, hair loss and weight gain.

After being diagnosed in November 2011 and hospital admissions approximately every two months for a year, I was advised to have an ileostomy.

I fought against it and tried wheatgrass, low residue and liquid diets until I no longer had the strength to fight it. My colon had essentially shrunk and died and could no longer do its job.

My surgery which was performed in July 2013 was initially performed as keyhole surgery.

However, due to complications I had emergency surgery which prompted a further two months in hospital.

After more surgery in August 2014, I was at a loss as to what to do with myself. I had been unable to work for several years which left a massive gap on my CV.

My sister suggested university and immediately I knew that is what I should do. With a background in graphic design, I attended my interview accompanied by my son who carried my portfolio and I gained a place on a degree course.

The first morning, arriving by bus and on a walking stick, I nipped into the loo before I went in and realised my bag had leaked everywhere.

As my eyes welled up I thought, Ok, you either go home now or suck it up - and got on with cleaning myself up and changing my bag.

It wasn't an easy ride, but I graduated in July this year with an honours degree in fine art and a couple of lifelong friends.

I have had amazing help on my journey to health from family and close friends – and of course our lovely stoma nurses - and for many years kept silent about my struggles on social media.

Then one day, on my stomaversary, I "came out" to the world to say yes, I have a stoma, yes I am a warrior and I put out a warning that if anything unusual was happening to my friends poop, to call me and I would go with them to the doctor.

I have a partner of two years who is very supportive of me and Simone and is happy that I chose to have an ileostomy which saved my life. I have been abroad twice since having Simone and never encountered any problems except the time they thought I was smuggling diamonds in my bag. I even swam in the Mediterranean! A first for me,

I am members of many support groups including:

- Crohns and Colitis UK
- Ileostomy/Stoma Care and Info
- Stoma Warriors and babes with bags
- Stoma Support Group
- Colostomy and Stoma Support Group
- and of course the Ileostomy Association.

Poop still has a massive stigma surrounding it, yet we all do it – some of us just do it in different ways!

Simone allows me to do more than I could ever do before, she's given me the life back that I lost for years due to the UC.

My only regret is that I didn't do it earlier.

# The proposed merger between

**The Trust Boards of the L&D and Bedford Hospital are exploring the possibility of merging to enable them to provide better care for the population they serve.**

A merger would result in a single NHS Trust, with one management team responsible for services provided on the two existing hospital sites. Both sites will continue to deliver a full range of services including A&E, maternity and paediatrics.



Merging the two organisations should not result in significant changes to the way that healthcare is provided to the local population. On *Day One* of the newly merged organisation, patients will not notice any difference clinically. It is behind the scenes where the difference will be most noticeable. One large Trust will be stronger, more resilient and have increased expertise than two smaller Trusts. We can provide better care for patients together than we can individually.

Bedford Hospital and the L&D are a cherished part of the communities they serve, so both hospitals will retain their identity and individual names. As L&D is already a Foundation Trust the merger would be achieved by L&D 'acquiring' Bedford Hospital with the staff of Bedford transferring to the L&D. However, the official NHS Trust name will change to Bedfordshire Hospitals NHS Foundation Trust.

In October and November last year, staff and the public were asked for their thoughts about the proposed new name. 178 completed the online survey and 58 emailed their views. There was resounding agreement that this name would best describe the newly merged organisation, although some people said it may take a while to get used to!

## What benefits will a merger bring?

**A single NHS Trust will ensure viable and sustainable hospital services for the population of Bedfordshire and beyond.**

As the only hospitals in Bedfordshire, the L&D and Bedford Hospital have a long track record of working together and there are many services that are already being provided in partnership, such as Neonatal Intensive Care, Vascular surgery and Stroke services.

A merger between the two hospitals will build and strengthen this existing partnership and encourage expertise to be shared across the two sites. The way that care is provided will be streamlined and it will remove numerous inefficiencies to ensure that patients have a better experience and improved outcomes.



**It is an exciting time ahead and the merger presents various opportunities such as:**

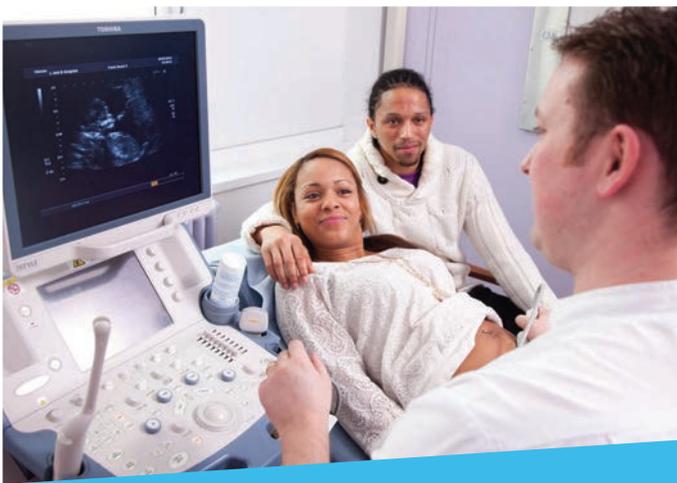
- Enabling more specialities to offer patients a full '7 day' service- this gives better patient care and will help to reduce waiting times
- A more resilient provision of 'on call' and 'out of hours' emergency cover for the expanded population and across all specialities
- Providing certainty for Bedford residents and Bedford Hospital staff after years of speculation about core services being closed
- Increasing opportunities to attract and retain the best staff to the Trust.

## What is the process and timeline for merging?

Since the announcement in September about the proposed merger, David Carter (CEO at the L&D) and Stephen Conroy (CEO at Bedford Hospital) have been working closely together alongside their Boards, staff, patients and other stakeholders to write a Full Business Case (FBC).

**This Full Business Case has helped identify benefits for patients, possible improvements in service provision, opportunities for staff and any financial savings that could be made to put money back into patient care. It has also outlined any potential risks to either organisation.**

At the end of December 2017, both Trust Boards unanimously approved the Full Business Case and it was submitted to NHS Improvement (NHSI). The FBC will now undergo intensive review as part of the NHSI approvals process which will verify that every aspect of healthcare provision at both sites has been fully considered and that a merger will ultimately provide better care for patients. The Trusts are also in discussions with NHS England regarding the financial arrangements associated with the merger. We are not expecting to receive confirmation about this funding until the summer, however we have received support from various MPs and Councillors so are confident our bid will be considered favourably. Subject to approval from NHSI and the appropriate financial agreements being in place, it will then go to both Trust Boards and the L&D Governors for their 'sign off'.



## Have YOUR say about the merger

We are aware that patients and the public may feel anxious about the proposed changes to their local hospital. Through public engagement and information events we know that one of the biggest concerns is around patients having to travel further for care or to visit a loved one. We would like to reassure you that this is not part of the plan and that services will continue to be provided on both hospital sites.

We will be organising information events over the next few months which will keep you fully updated about progress and plans and would encourage you to attend one of these events.

You can contact us to let us know your thoughts or to raise any concerns by emailing [merger@ldh.nhs.uk](mailto:merger@ldh.nhs.uk) or call 01582 497 458.

For more details and the most up to date information about the proposed merger, please visit the *Merger Plans* section on either of the hospitals' websites.

**We hope that you are as excited about the proposal to merge as we are.**

**We need your help...** to recruit more Foundation Trust members to represent the expanded population the two hospitals will serve after the merger takes place.

**We have already recruited over 1500 new members from Bedford Borough but need another 1000 people to sign up.**

If you are able to help us spread the word and explain how becoming an FT member keeps you up to date with hospital developments and enables you to help shape the future of your local hospital, we would be very grateful.

People can sign up on either hospital website or there are leaflets available at the main entrance of Bedford Hospital.



# Redevelopment update

## Community Hub in the centre of Luton



Adult GP Phlebotomy services, a full and comprehensive Dermatology service and Sexual Health services will move to Arndale House in the centre of Luton in May 2018. Around 80 Hospital staff will move to Arndale House, including Consultants, Nurses, Health Support Workers, admin and clerical teams and other support staff.

The Trust has been keen to support one of the key themes of the Bedford Luton and Milton Keynes STP which is to provide more services in a community setting. The provision of these services in a facility which provides good access to patients also releases space on the main hospital site. This is hugely important as space at the Hospital is very limited and patients requiring specialist hospital care is increasing at a fast pace. The space freed up on the hospital site will allow the expansion of obstetric and gynaecology clinics; the creation of a new pre assessment hub; ophthalmology expansion to provide an intra-vitreous treatment (IVT) suite; and additional outpatient accommodation to support specialist medical clinics (gastroenterology, rheumatology, respiratory and cardiology). Growth in these areas will support improved access for patients and importantly support patients to receive timely care.

It is recognised that services being offered from Arndale House will

be more convenient for patients that live, work or visit the town, but for GP patients more local to the hospital, this will require an increased travel time. Arndale house is a discreet facility accessed from the shopping mall in Luton, it will provide a new and improved patient environment and allow more timely access to clinical services here and on the Hospital site due to the service expansion that this move will support.

Approximately 33% of the total phlebotomy service will move to Arndale House, this is the adult GP phlebotomy and anticoagulation service only. Approximately 12,000 bloods per month will remain on the hospital site, these include; Inpatient bloods, Outpatient bloods, Pre admission bloods, Haematology bloods, new anticoagulation activity, all paediatric outpatient bloods, blood tests for patients requiring transport and blood tests for patients with learning difficulties.



### Big Improvements to the Oral and Maxillofacial Surgery and Orthodontic Service

The new and improved OMFS and Orthodontic service opened its doors in August 2017 to provide a larger, more modern and bright department. There has been some great feedback from staff and patients who are extremely

happy with the much needed expansion of the OMFS department, which serves as a centre for OMFS services across Beds, Herts and Milton Keynes. General Manager, Charles Frampton says "Staff are extremely happy with the additional capacity this has created and the opportunity for future expansion of the services that we can offer to our patients, here at the L&D."

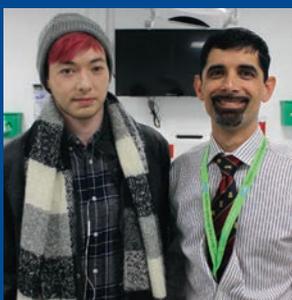


### Fundraising Appeal to support the Child Oncology Room project

The Hospital Charity is half way through a fundraising campaign to support the creation of two new paediatric oncology rooms, designed by staff and patients, to create a more positive and calming experience whilst resident on the ward.

To donate to the Appeal please call **01582 718 289** or text **PONC99 £5 to 70070** or send a cheque made payable to Luton and Dunstable Hospital Charity and send to Fundraising Team, Luton and Dunstable Hospital, Luton, LU4 0DZ

## New treatment for life changing and disabling jaw injuries



Nathan Spear with Consultant Oral & Maxillofacial surgeon Mr Alan Parbhoo

A surgeon at the L&D has performed an operation new to the L&D on a young man who broke his lower jaw, resulting in a hugely improved outcome for the patient's future quality of life.

Consultant Oral & Maxillofacial surgeon Mr Alan Parbhoo fixed the jaw of Nathan Spear from Dunstable, which was broken in multiple places and dislocated, using titanium screws and plates, rather than the traditional method of wiring the teeth of both jaws

together, meaning patients cannot open their mouths to chew or brush their teeth.

This new technique has meant that Nathan made an excellent

recovery and was able to open his mouth and bite normally immediately after surgery.

Mr Parbhoo said: "I am extremely happy with the outcome for this young patient. This was a very serious disabling and life changing injury. The previous way of treating it means that the teeth often never meet normally again causing difficulty eating for life, and a high risk of developing early arthritis.

"Nathan should now have a normal bite, and a lower risk of arthritis."

The jaw joint service is being developed by Mr Parbhoo and Mr Majumdar, providing new treatments such as arthroscopy to treat disease of the joint.

The Oral & Maxillofacial Department has recently undergone a £1m expansion in order to be able to deliver 21st century surgery, providing a much improved service for patients.

# Carers Lounge celebrates its two year anniversary



Launched in September 2015, and formally opened in June 2016, the Carers Lounge at the L&D has now been open for two years!

Located on the ground floor of St Mary's Wing, the Carers Lounge is run by local charity Carers in Bedfordshire in partnership with Luton and Dunstable University Hospital Trust.

The Lounge is a place where carers can find out about services available for them and for their loved ones. A Carers in Bedfordshire support worker or volunteer is available in the Lounge between 10am and 4pm every week day to help carers with a particular issue, or just to listen. Volunteers also visit the wards. Some 100 carers access support from the Lounge team every month.

Maria Panteli recently joined as Carers Lounge Coordinator. She said: "I've really enjoyed my first few weeks in the Lounge. If you are caring for someone and are concerned about anything – your own health, the health of the person you're caring for, discharge from hospital, planning for the future – or if you just need to chat, please come and see us."

The Lounge is funded by Luton Borough Council, Central Bedfordshire, and generous local supporters. You can contact the Lounge on **01582 491 166** ext 2362.



*Pictured is Maria Panteli, the new Carers Lounge Coordinator*

## Rahul Joshi Unit now open



The new Rahul Joshi Unit is now open and treating patients with Haematology and oncology related illnesses.

It was named in memory of Dr Rahul Joshi, lead clinician in Haematology & Transfusion, who worked tirelessly to create the unit and help patients, but who sadly died suddenly earlier in the year.

Dr Joshi's family came to the L&D on 20 September to attend his memorial service and officially open the new unit.

The creation of a new 10-bedded inpatient facility enables our team of specialist medical and nursing staff to support patients in the best possible environment. It has space for four infusion bays for outpatient procedures and day case management.

Dr Joshi is missed greatly but will always be remembered.



## Discharge Assessment team shortlisted in local government awards

The Discharge Assessment and Rehabilitation Team, based at the Luton and Dunstable University Hospital and part of the Integrated Discharge Team, has been selected as a shortlisted finalist in the Team of the Year category in the 2018 LGC Awards.

The awards, run by Local Government Chronicle, are the biggest and most prestigious awards ceremony for the local

government sector. The winners will be announced in London on 21 March 2018.

Nearly 100 organisations have been shortlisted as finalists in the coveted awards, which recognise the best of local government innovation and service delivery.

The full list of finalists can be found at [awards.lgcplus.com](http://awards.lgcplus.com)

# The Good, Better, Best Christmas staff events just get better



The Good, Better, Best staff events were held from 13 to 16 December. Hosted by the Trust Board, they are an opportunity to thank staff for their hard work and to update them on key developments. More than 2,000 members of staff attended at least one event.



## Newly qualified nurses & midwives recognised by Acorn pin

Newly qualified nurses and midwives at the L&D are now wearing an Acorn pin on their uniforms so that patients and staff can recognise that they are new to their role as registered practitioners.



After three year's training, student nurses and midwives qualify and then face many

challenges as they manage the transition into a Registered Nursing (RN) or Midwifery (RM) role.

This can be quite daunting, as one day they are classified as a student, and the next as a registered practitioner expected to perform at the higher level.

To support them during their transition, they all follow what is known as a Preceptorship programme. This is a period of structured transition during which they will have supervision, mentoring and support to develop confidence and refine their skills.

The Acorn pin symbolises this period of transition and every newly qualified nurse and midwife will be presented with one. After six months they are then awarded a certificate in recognition of having completed their 'Acorn' preceptorship, and moved into their RN/RM role.

The new initiative was launched in October when 60 newly qualified nurses and midwives received their Acorn pins.

## New Trainee Nursing Associates at the L&D

In December 2016 the L&D joined with three other local trusts to deliver the second wave of national training for a new 'Nursing Associate' role.

The national 'Nursing Associate' programme aims to deliver dynamic training that will bridge the gap between Health Care Assistants and Registered Nurses, delivering more hands-on care to the patient's bedside.

The new role will really make a positive difference to our nursing environment - it is a positive step to expanding the nursing workforce to help meet the ever changing needs of our patients and local population.

Nursing Associates are not registered Nurses however their training will involve a comprehensive curriculum and their role is regulated by the Nursing and Midwifery Council. They will work alongside Registered Nurses, taking over some of their current duties. This will free up Registered Nurses to use their knowledge and skills in other ways to improve patient care.

Our 11 Trainee Nursing Associates have been selected from our current Clinical Support Workers with an existing skill set, many with several years' experience. The learning programme will build on those skills to enhance the patient care they provide.



The training is funded by the Department of Health and managed by Health Education England, in association with the University of Bedfordshire as the academic lead for our area, and Bedford Hospital.

## Bay Watch – coming to a ward near you!



A new patient safety initiative to ensure our most vulnerable patients are appropriately cared for on our wards has been introduced at the L&D.

The Bay Watch concept ensures that our patients who need enhanced care and observation have the level of care they need to keep safe. The Trust is already trying to ensure that these patients are looked after as much as possible in the same area. Specific staff are identified as Bay Watchers and are assigned two-three hour shifts during which they have responsibility for observing patients on their Bays at all times, whether this is during the day or at night.

Bay Watchers are identifiable by their orange lanyards and both bays and individual bed areas are clearly identified as being part of Bay Watch.





# What does Antibiotic Stewardship mean to you? – Become an Antibiotic Guardian



**10 million people could die every year, by 2050, due to drug resistant infections.**

Think before going to the GP and asking for antibiotics. Ask your pharmacist first.

**Your local pharmacist can help by:** advising on symptom control, expert advice, reassurance, sign posting and referral.

**Antibiotic stewardship is everyone's responsibility**

Antibiotic awareness campaign held by the Antimicrobial Pharmacist and the Pharmacy Department at L&D between November 13 and 17 encouraged 195 members of staff and public to become **Antibiotic Guardians**.

**Pledge today...**become an Antibiotic Guardian and see how you can help protect our antibiotics!

**[Antibioticguardian.com](http://Antibioticguardian.com)**

# My own patient experience!

By Staff Governor Ros Bailey



In November, I had an unfortunate 'kitchen accident' at home while cooking dinner for my family when a saucepan of boiling hot vegetables fell all over the floor and I slid – almost doing the splits but not quite! I knew instantly that I had injured my leg as the pain was intense.



I was treated at the Fracture Clinic and then at Ambulatory Care and I feel I have to say a huge THANK YOU to all the staff who were so professional and caring, not just towards me, but to every single patient in their clinics.

With regard to the Fracture Clinic, my special thanks go to Angela the receptionist, Jenny Wood the nurse and Doctor Temitope Adesina, also my thanks to the X-ray and plaster room staff and in fact everyone who works there you are all so dedicated.

In Ambulatory Care, the dedication and care I received was exactly the same, with special thanks to Dr Tom Talbot and the lovely nurses, in fact everyone else who looked after me. Thanks as well to Valerie Galbraith in the Orthotics and the staff in the Ultrasound department who were also excellent.

I am a member of the PLACE team (Patient Led Assessments of the Care Environment) and often go around the hospital on inspections to the wards and various other departments and I am always impressed by the hard work that is so apparent from everyone throughout the hospital, but that is on the outside looking in, this time I was a patient and could see and feel for myself how hard everyone works without complaint and with a comforting sense of humour and care.

Thank you to all the staff throughout the hospital for all your hard work and a special thank you once again to everyone who was involved in my treatment and care, you all do a fantastic job and I am very proud and grateful that you are part of our hospital, your dedication is amazing so keep up the good work!

## Become a member of your L&D hospital... *it's free!*

As an NHS Foundation Trust we are accountable to our local community. The L&D is your hospital in your hands. You can shape the future of your hospital and its services, and influence the way it runs its affairs, by becoming a member.

### Ways to join!

Go online to webpage <http://www.ldh.nhs.uk/homepage-miscellaneous/become-a-member/>

Email us at [FTMembership@ldh.nhs.uk](mailto:FTMembership@ldh.nhs.uk) or call us on **01582 718333** requesting a membership application form

### Join the NHS Organ Donor Register and share your decision with those closest to you

Donation is giving an organ or tissue to help someone who needs a transplant. Through advances in transplantation a single organ donor can save or greatly enhance the lives of up to nine other people. But this relies on donors and their families agreeing to donate their organ or tissue.

#### Please talk about organ donation

On average every day, three of around 7,000 patients waiting for a transplant, lose their battle. Fewer than 5,000 people each year in the UK die in circumstances where they can become an organ donor. One day it could be you or someone you love that is in need of an organ transplant. You can add your name to the organ donor register and help save others after your gone.

#### Please talk about registering as an organ donor

The organ donor register is confidential and secure. Medical Staff consult it to see if a patient has made a decision to be a donor. Anyone can register as an organ donor, at any age, and it only takes a few minutes. You can choose to donate some or any of your organs and you can change your mind at any time.

#### Please talk about sharing your decision.

Currently only 61% of people on the organ donor register have told someone that they have registered. Your family's consent is needed for a donation to go ahead. It can be difficult to make this decision, so letting them know will make it easier for them in the future.

NHS Organ Donor Card



For more information visit [organdonation.nhs.uk](http://organdonation.nhs.uk) or call 0300 123 23 23

### Health through Awareness...

#### Health awareness campaigns in 2018 – highlights!

Look out for events happening near you.

##### March

Ovarian Cancer Awareness Month  
No Smoking Day (7th)  
Brain Awareness Week (12th to 18th)  
Nutrition and Hydration Week (12th to 18th)  
World Sleep Day (15th)  
Epilepsy Awareness Purple Day (26th)

##### April

Bowel Cancer Awareness Month  
World Health Day (7th)  
World Parkinson's Day (11th)  
Allergy Awareness Week (25th to 1st)

##### May

National Walking Month  
World Asthma Day (1st)  
Death Awareness Week (14th to 20th)  
Dementia Awareness Week (21st to 27th)

##### June

World Blood Donor Day (14th)

##### July

World Hepatitis Day 2018 (28th)

### 'Service with a Smile' – L&D volunteer wins Luton's Best Award

We are very proud that one of our amazing volunteers, Pearl Hinds, has won a Luton's Best Award, under the 'Service with a Smile' category.

The Luton's Best Awards honour the outstanding achievements of people from Luton – people who are often unsung heroes, willingly giving up their time to help others and contribute to the community.

Pearl and her family attended a glittering ceremony on Friday 24 November at the Luton Hoo Hotel.



L&D Volunteer Pearl Hinds (right) at the Luton's Best Award Ceremony in November.

She was nominated by staff on our Children's Unit where she is based.

They said: "Pearl and her smile are infectious! Having been a volunteer on the unit for a year and a half, she is one of the team and just gives so much. She's always happy and cheerful and brightens the day of all of us, not just the children. That said, the children benefit so much from her happy disposition, her time and her caring nature - it certainly goes a long way to making them feel more at ease and supporting their recovery.

"We treasure her and truly cannot thank her enough and we are so pleased that she has won this award."

The Luton's Best Awards is non-profit making and financed through private sponsorship. You can find out more from their website:

[www.loveluton.org.uk/lutonsbestawards](http://www.loveluton.org.uk/lutonsbestawards)

## Welcome to Jaz and Harley, the L&D's newest volunteers!



In January, the L&D celebrated two very special honorary members of staff joining the Trust.

As the L&D's newest volunteers, Pets as Therapy (PAT) dogs Jaz, a Red Setter, and Harley, a Rottweiler, were presented with their very own staff identity badges at the Volunteers Annual Thank You and Long Service Awards on 3 January 2018.

The presentation marked the introduction of PAT dogs to the L&D. Patients and their families will be able to come and meet them in the Therapies Hub on the first floor.

Helen Judkins, Associate Director of Nursing at the L&D, said: "We are extremely excited to have got this project off the ground.

"Research has found that stroking a pet can be relaxing and can result in a reduction in blood pressure. The presence of pets can also promote social interaction and reduce psychological responses to anxiety."

Karen Bush, Volunteers Manager, added: "We have been working towards this for some time so I am so pleased to be able to welcome Jaz and Harley, and their owners Karin and Fiona, to our team of volunteers. I know that they will be a great hit not only with our patients, but also with our staff."

PAT dogs and their owners receive special assessment and training so that they visit people in hospitals, hospices and other organisations.

For information on the role of PAT dogs at the L&D contact Karen Bush on 01582 497357 or email [Karen.bush@ldh.nhs.uk](mailto:Karen.bush@ldh.nhs.uk)

You can find out more about the Pets as Therapy charity at [www.petsastherapy.org](http://www.petsastherapy.org)



## Be a fundraiser in 2018

Don't be shy, let us know your fantastic ideas to support the hospital's fundraising efforts. You can choose which ward or department you would like your donation to benefit...or you can make a general donation which will help fund one of our charities wonderful projects.

### What you helped us achieve in 2017

In 2017, the amazing fundraising efforts by the public, patients, staff, Charitable Trusts and local groups, allowed our charity to fund:

- A new birthing pool on the maternity delivery suite
- Refurbishment of the Oral and Maxillofacial Surgery Unit
- Reclining chairs for short stay surgical patients
- Neonatal Intensive Care Unit (NICU) parent's accommodation
- Breast Feeding support service for new mums
- Refurbished hospital chapel
- Blue light cystoscopy device to aid diagnosis and treatment of bladder cancer
- Ophthalmology Eyesi device
- Staff room / kitchen on Neonatal Intensive Care Unit (NICU)
- New toys in the family room on Neonatal Intensive Care Unit (NICU)
- New specialist chairs for bariatric patients

We are also grateful for the fantastic donations we received including:

- Christmas cards and presents for patients in hospital on Christmas day.
- Play equipment and toys for children on the wards
- Entertainment equipment for patients
- Easter eggs for patients
- Knitted items for elderly patient and premature babies



All this is only possible with your support, thank you from us and everyone who has benefited. The Luton and Dunstable (L&D) Hospital Charitable fund, helps to finance additional facilities and equipment, support medical research, enhance staff practice and provide the extras that make being in hospital more comfortable and a less distressing experience for patients and their families.

### How can you help?

Sign up as a baker and support our cake sales, hold your own afternoon tea for the L&D at home or at work. Do you have a hobby? Why not turn it into a fundraiser! Football tournaments, a talent show, swim challenges and more! These are all fantastic fundraising ideas. You can sign up to make regular monthly donations or just as a one off gift to support our work. Involve your employer – if you are fundraising they will often have a scheme to match what you have raised. Check out fundraising on the website for many more great ideas. You can also find us on Facebook, Twitter & Instagram. We would love to hear from you, so please get in touch.

### Recent Fundraising events (October – December)



- Sam Findlay held a 20k party night to celebrate raising £20k for NICU
- Challney High School For Girls ran in Race for life for our Breast Cancer Unit
- The Halloween cake sale raised funds for The Paediatric Emergency Department
- The Winter quiz night was held to raise funds for the Helipad Appeal
- Christmas Santa Float in Dunstable for the Diabetes Unit
- Christmas visit from Luton Town Football Club to the Children's Wards
- Aylett Nurseries Garden Centre donated £2693 from their store wishing well for the Child Oncology Rooms project
- Nobbies Farm Shop and Willow's boxing day shoot raised £1100 for the Cancer Unit
- The 2017 Light up a Life campaign raised £4000 towards NICU Parents

### 2018 Fundraising Diary

- Easter egg collection for patients throughout March. Donations to be dropped off at the main reception!
- Spring quiz on 26th April at the L&D to raise funds for the Child Oncology Room project
- Child Oncology walk on 26th May
- NICU parents reunion on 13th and 14th June at futures fun factory
- NHS 7-tea party on 21st June at Old Palace Lodge
- NHS 70th birthday celebration event, details to be confirmed.
- Various community summer events and fetes

For more details about any of the events please contact the Fundraising Team on **01582 718 289** or email [fundraising@ldh.nhs.uk](mailto:fundraising@ldh.nhs.uk)

For more information about fundraising for the hospital, or to get involved, please call the Fundraising Team on **01582 718 289** or email [fundraising@ldh.nhs.uk](mailto:fundraising@ldh.nhs.uk)  
[www.ldh.nhs.uk/fundraising](http://www.ldh.nhs.uk/fundraising) • [www.facebook.co.uk/ldhfundraising](https://www.facebook.co.uk/ldhfundraising)  
Twitter @ldhfundraising • Instagram @ldhfundraising

*The Luton and Dunstable Hospital Charitable Fund is a registered charity in England and Wales, no 1058704*

# Diary Dates

Important  
DATE!

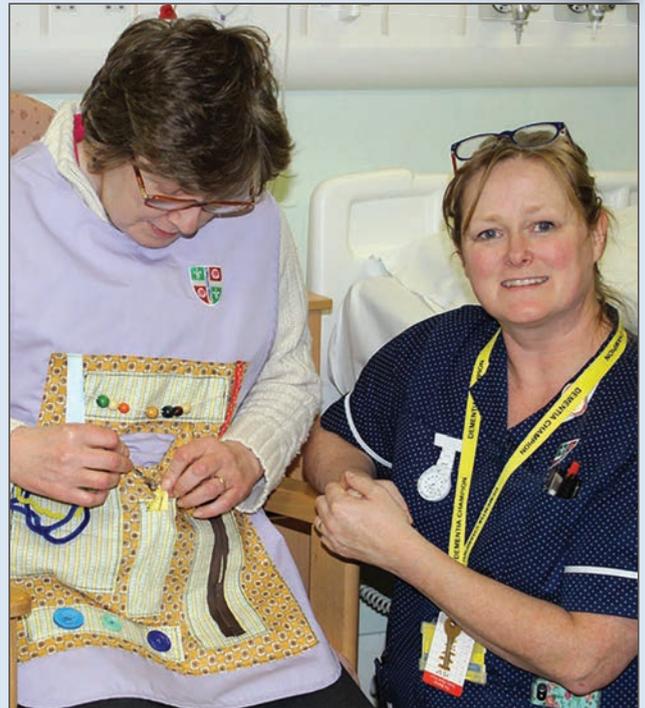
## The next Medical Lecture is on Dementia Care

Wednesday, 25 April 2018. All are invited – RSVP by 11 April 2018

More than 845,000 people in the UK have been diagnosed with dementia and it is reported that 25% of all hospital beds are occupied by a patient with a type of dementia.

At the L&D the dementia team is committed to supporting people with dementia and their carers, to enable them to live well with dementia.

The lecture will be presented by Dr Johan Schoeman – Associate Specialist, and the dementia teams, taking place from 5.30pm to 7.30pm on Wednesday 25 April 2018, at Luton Sixth Form College – Bradgers Hill Road, Luton, LU2 7EW. There will be time for questions following the presentation and the opportunity for informal discussions with our L&D Governors, from 5.30pm. If you would like to attend the lecture please contact us in order to book a place, as spaces are limited. To book a place you can contact us at [FTMembership@ldh.nhs.uk](mailto:FTMembership@ldh.nhs.uk), or by calling us on **01582 718333**.



## Council of Governors' Meeting

Why not come along to one of our public meetings of your hospital's Council of Governors? They're all held at 6.30pm, in the John Pickles L&D COMET Lecture Hall. All meetings are held on Wednesdays. The dates are:

- 16 May
- 22 August
- 28 November

## Board Meetings\*

Board members would be delighted to welcome members of the public and staff, particularly people who have not attended before. We consider it vital to hear local people's opinions on health service provision so would encourage people to come along. These meetings are held in the L&D, John Pickles COMET Lecture Hall located on the ground floor from 10am to 1pm.

- 2 May
- 25 July
- 7 November

\*Board Meetings are held in public but are not public meetings.

## Annual Members' Meeting on Wednesday, 5 September 2018

Come along and find out all you need to know about how your hospital has been performing over the past year. This is your opportunity to meet your Governor representatives and staff from the hospital. The Annual Members' Meeting will be held in the L&D Hospital Social Club, Calnwood Road, Luton LU4 0DZ at 5.30pm for a 6.00pm start. Please note a formal invitation will follow nearer the time.

## Contact us

The L&D Foundation Trust Membership Department

Tel: 01582 718333

Email: [FTMembership@ldh.nhs.uk](mailto:FTMembership@ldh.nhs.uk)

Post: Membership Department – Trust Office, Luton & Dunstable University Hospital NHS Foundation Trust, Lewsey Road, Luton LU4 0DZ

Governors can be contacted by email – their email addresses are listed page 6. Alternatively you could write to the Membership Department as above.



Alison Wright and Jane Gilmore, Heart Failure Nurse Specialists

## YOU ARE INVITED!

### Top Tips to help you manage your Heart Failure and/or Type 2 Diabetes

Wednesday 18 April 2018  
Putteridge Bury Conference Centre, LU2 8LE  
Lecture 7pm, tea/coffee from 6.30pm

To register your interest  
please email [pam.brown@ldh.nhs.uk](mailto:pam.brown@ldh.nhs.uk)



Rose Butler, Diabetes Specialist Dietitian

**NHS**  
Luton and Dunstable  
University Hospital  
NHS Foundation Trust