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Salisbury District Hospital B.U.G.S. SPRING 2006 NEWSLETTER

To contact B.U.G.S. write to: Sister Janet Tromans or Staff Nurse Sue Smith, B.U.G.S.
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or Telephone: (01722) 336262 Ext 3139
Find us at: www.bugssalisbury.co.uk

The Annual National Burned Children's Camp in August

If you are interested in finding out more *please write to Sister Janet Tromans, B.U.G.S., at the address above by May 1st*. B.U.G.S. is able to provide sponsorship for children and a helper to attend Camp each year. Applications for sponsorship are assessed against specific criteria.

The Camp is a week long, and for children between the ages of 8 and 18. There are many different types of activities to be enjoyed such as abseiling, climbing, canoeing, and arts and crafts. The camp takes place at Grafham Waters in Cambridgeshire at a Water Sports Centre which has accommodation.

Camp this year is from August 13th to 19th



Having fun making a raft at camp

Annual General Meeting

This will be held in the Personnel training room on Wednesday April 19th at 2.00 p.m. Everyone is welcome to come and hear how your group is progressing. We will also be launching "The B.U.G.S. Booklet" and "The Vital B.U.G.S. video". So come along and be the first to view! You can get details from the above address.

Video and Booklet

Over the last year or so the B.U.G.S. committee have been working to improve the information people receive about the recovery after a burn. A video called 'The Vital B.U.G.S. Video' is now available, which shows people what happens in the Tissue Support Clinic, how to carry out massage on the scar tissue, and how Camouflage Creams can transform the look of a scar. There is also a little about what B.U.G.S. volunteers do to help members while they are in hospital and also after they leave hospital. Some B.U.G.S. members and volunteers were involved in making this and Alastair Stewart kindly provided the voice over. At present it is planned that people see the video while they are still in hospital so that they have a better idea of what will happen when they leave.

This month the 'B.U.G.S. Booklet' is being published. This is another way in which we hope that we can improve the information given to people as they recover from a burn injury. The Booklet will be given to people in the Unit so that it be taken home and used for reference.

IN CASE OF EMERGENCY

Just in case you missed it, back in April 2005 Vodaphone launched a national "In case of Emergency (ICE)" campaign in association with the East Anglian Ambulance Service.

The idea was developed by a paramedic who realised that a large number of people involved in accidents did not have a next of kin contact number on them.

The idea is that you store the word ICE in your mobile phone address book, and against it enter the number of the person who would want to be contacted in the case of an emergency. In an emergency situation ambulance and hospital staff will then be able to quickly find out who your next of kin are and be able to contact them.

For more than one contact name enter ICE1, ICE 2, ICE 3 etc. This is an easy thing for an individual to set up and has proved successful.

Visiting as a Day Patient - a challenge.

By Rob

Well, perhaps not a challenge if visiting from local areas or even slightly further afield. A thirty minute or even a two hour car journey before and after a sensibly timed appointment is quite acceptable and realistic, with just the cost of your petrol and a sandwich. Not too bad, eh!

OK, so I live in Guernsey, and I have an appointment to keep for 11.30 a.m., so what are the challenges ahead for me to keep this?

The stretch of water between Guernsey and the UK does complicate matters and a sea or air journey has to be included in the travel arrangements. A sea journey would have to be planned to go the day before and return the day after. The cost of travel with a car, and two night's accommodation and evening meals could be £450 to 500 - for one.

The most practical way may be is to fly, however only two airports are near the hospital. Bournemouth is one, but one has to fly via Alderney, (no direct flights) making a day return impractical. Southampton is a possibility for day return with a choice of flights, but the first flight out and last back is the only realist possibility.

That is, if you are able bodied and happy to have a long day!

Typically this could mean getting up at 04.45a.m., check in at 06.00a.m. to take off at 07.00a.m., arrive in Southampton at 07.40a.m, sort out hire car or train to Salisbury. On the return journey we need to drive back to Southampton with enough time to take of at 18.45p.m. - land in Guernsey at 19.25p.m. to be back home by eight o'clock, and only then if there are no delays. If there are delays our airport closes at nine o'clock, and an overnight stay becomes a distinct possibility. The day return would easily cost £250 to 300 for one.

OK, so if I am not able bodied and need assistance to get up, wash, get creamed and dressed, my wife then has to get herself ready and so on. Then once at the airport, organise a lift on to the aircraft and on arrival at the other end a lift off. Realistically the only way to achieve the visit is to travel the day before, and return the day after, and have two nights with evening meals in Salisbury. So, for two people the cost might be say £500 to 600, for two.

Guernsey is a marvellous place to live but it does have its penalties.



Idyllic Guernsey

Unit Moving Day is no longer Monday 3rd April

We promised in the last newsletter to give you our new contact details for the move. Unfortunately we do not now know when the move will take place - **this applies to Tissue Support Clinic as well.**

When we do move the Unit telephone number will be - 01722 336262 ex 3139

Tissue Support Clinic will move to the new Plastic Surgery Out Patients Department which will be located on Level 3 of the main hospital. **The telephone number will be – 01722 336262 ext 3550/3551.**

Both the Burns Unit and Plastic Surgery Outpatients can be found by entering the hospital site through Entrance A and entering the hospital through the main entrance. Both departments will be signposted from the main reception area.

The Wincanton Ball

On a beautiful moonlight night last October, a party of four staff/committee members from the Burns Unit/B.U.G.S., plus escorts, went to a ball held at Wincanton Racecourse. The ball had been organised by the parents of one of the children who had recently spent some time in our Burns Unit. The venue was lovely, beautifully decorated with a special feature of salt dough ladybirds on each table holding the balloons in place. With excellent food, a silent auction and live music for us to dance, to we went home having had a lovely evening.

We are all very grateful for the time and effort that went into the evening on the part of the organisers and from those who attended which raised more than £4000 for B.U.G.S.

Donations

B.U.G.S. has been extraordinarily fortunate again with the generosity shown to the charity by their supporters. Since our last Newsletter we have received some fantastic cheques and we are extremely grateful for the amounts donated and raised on our behalf. **Both the Fire and Response Services at the Fawley Refinery and at Southampton Airport have again raised money for us since our last Newsletter and we much appreciate their continued support and loyalty to us.**

Heather's sponsored walk

Heather Baron kindly offered to raise money for B.U.G.S. by doing a sponsored walk one Saturday morning in October 2005 with her granddaughter Sophie aged 9. They both wore B.U.G.S. ladybird T-shirts during the walk! Heather raised the

splendid sum of £117.00 and has given us much support. We are very grateful to her especially as she is hoping to complete another walk for us this summer!



The organiser and members of the B.U.G.S. committee with Mr Eunan Tiernan, Director of the Burns Unit

Website

Remember you can also access this Newsletter on our website at www.bugssalisbury.co.uk as well as our previous Autumn 2005 Newsletter in case you need to look up something we have mentioned previously.

Please let us know if you have suggestions and comments about our site. It was created for you, our members, so we hope you find it supportive!

Please check the website for the date of the move to the new Burns Unit. B.U.G.S. is going to help the Burns Staff to move across. The date was due to be 3 April but this has been postponed due to a set-back with the contractors. We will let you know as soon as we have a firm date, hopefully in May. The Tissue Support Clinics will also be held at a different venue too over in the New Building. All change!

Volunteer profiles.

We are happy to tell you that there are no less than four new volunteers on the team.

DOROTHY has come to us through her work with the Red Cross with whom she has been associated for many years providing a skin camouflage service. She has a background of working with patients of all ages and different stages of recovery. We are lucky to have someone with such specific training. If you have a special need for camouflage, then Dorothy is the B.U.G.S. person for you.

NICKY nursed on our Burns Unit for over 20 years before retirement. She has a thorough understanding of what patients have been through in both a professional compassionate way. We are delighted that Nicky wants to come back and help as a volunteer as she brings so much experience with her.

ANNA has joined us solely because she was so impressed with all the hard work of our Chairman – high praise indeed! She grew up in Africa and often helped her mother run a clinic where many of the patients had suffered from burns. Anna has worked for other charities as a volunteer in the past.

CHRISTINE has been a patient at Salisbury District Hospital for over five years where she was looked after so well that she was determined to try to repay some of the “exceptional” kindness that she received. She says she was delighted to join the B.U.G.S. team and hopes to continue to be of help to other patients using her previous experience as a basis for understanding the needs of other families. We’re sure she will!

Our thanks go to Dorothy, Nicky, Anna and Christine for joining us and blending immediately and seamlessly into the team. Each of them bring something specific and individual to B.U.G.S. and

because of them we hope to offer you all even more support. A big thank you to all these new volunteers – and welcome to B.U.G.S.!

Emergency Starter packs.

We have now been able to provide “emergency starter packs” for patients admitted to the Burns Unit. These are kits consisting of toothbrush, toothpaste, soap, shampoo, comb, tissues, with a shaving kit for men and facial wet wipes for women. The children’s packs include a small toy. In addition the packs hold one of the B.U.G.S. information leaflets, a note pad and a B.U.G.S. biro.

We have already had lots of favourable comments from both the patients and their families. We are delighted; this is what B.U.G.S. is all about. These packs have been funded by donations and sponsorship from many Salisbury based businesses. We have been bowled over by the quick response and generosity from both large and very small businesses. To them all: A BIG THANK YOU!

From those of you who were on the unit or had family admitted, we would be grateful for any comments on these packs, both critical and constructive! What have we forgotten? Is there anything else you can suggest that would be useful? Either drop us a line at SDH or mention it to the B.U.G.S. team next time you come to TSC.

***Would you like to become a B.U.G.S. volunteer?
If you would like more information please get in touch with Sister Tromans.***