



Registered Charity No:052284
B.U.G.S. Fund Number 1223

B.U.G.S. Spring 2009 NEWSLETTER

Salisbury District Hospital

To contact B.U.G.S. write to: B.U.G.S. c/o Sister in Charge,
The Burns Unit, Salisbury District Hospital, Salisbury, Wilts, SP2 8BJ.
or Telephone: (01722) 345507
Find us at: www.bugssalisbury.co.uk

Dates for your Diaries

AGM – MAY13th IN THE BOARD ROOM AT 3.30 p.m.

Front Hall Stall, SDH- May 6th and Nov 18th

FAB Camp - May 28th – May 31th

National Burned Children's Camp – August 9th - 15th

Winchester Christmas Market - B.U.G.S. Stall – December

Hullo from the Chairman

Since I wrote to you last we have had some exiting times. In October several children had the fun of creating their own percussion CD; one of the children who regularly goes to camp had the great fortune of being selected by 'Dreamflight' to go to Disneyland. The B.U.G.S. volunteers enjoyed running a stall at the Winchester Market where B.U.G.S. were lucky enough to be given a 'charity' stall for the day. 'Bugsy Flies again' was busy helping children in Cowplain to remember to be careful with fire during Guy Fawkes time. In doing so he, and the children at Padnell Infants School, helped raise funds for B.U.G.S. You can read all about these events and much else in this Newsletter, which I hope you enjoy.

I do hope you will consider attending our AGM. It is an opportunity for you to find out what we plan and how the last year has developed.

Parents, do ask your child if they would like to go to one of the camps. It is an ideal way for your child to have fun and mix with children who understand what it is like to have had a burn injury. B.U.G.S. provides grants which cover the cost of the camp; all you have to do is to get your child to camp, and we may even be able to help with that.

Best wishes from

Jenny



We will be holding a Grant Committee in March/April, so please write to us soon (at the address above) if you and your child would like to go to either camp, and therefore would like an application form. More information will be sent with the forms. Below is some information.

The National Burned Children's Camp 2009.

As usual this camp for children between the ages of 8 and 18 will again be at Grafham Water in Cambridgeshire (see dates above). See 'Grafham Water Centre' on the net for more information and also www.burnedchildren'sclub.org.uk. Our website has a link with the Burned Children's Club website. Last year Billy went for the first time and had such a great time he wrote:-

"This was my first year at camp. I am 14 years old and this was the longest time that I had been away from home. I was really excited about going, but I had met two of the other children, before which helped. Mum & I had a long drive and when we got there we had a cup of tea. When I saw my room, it had bunk beds. I choose my bed, which was the top bunk. Later, when mum had left I met the other two boys who I sharing with. One was a real chatterbox! We had a lot of late nights. The thing I liked about camp were the outdoor and indoor activities, especially the games after supper. During the day we were mostly outdoors doing lots of different activities. I liked windsurfing the most. On the Thursday we went to a theme park which was good fun. There was a show about a brown bear. We also went go- carting and had a disco. The food was good (lots of chips). I made loads of new friends and one special friend.

Please can I go again next year? Love Billy"

The FAB Camp

This camp in May (see dates above) will once more be held in Pendine in South West Wales. It is organised by the FAB Club from Frenchay Children's Burns Unit, with whom the Salisbury Unit has close connections. See their website through the link on our website (details above). The 'Morfa Bay Outdoor Centre' in Pendine, where the camp will be can be seen through their website. Transport to the Centre is arranged from Bristol.

An afternoon at Salisbury Arts Centre

On Saturday 11 October I went to an art centre. There I played the keyboard and an electric drum, which could play about 70 or 80 different instruments. I was joined by 4 others from BUGS plus their siblings.

We were asked to put 2 stickers on notes c and b of the keyboard then we had to keep on pressing them in sequence to a drum rhythm. We learnt to play a little tune to the beat of the electronic drum. I thought these sounds were mystical.

The tutor, Ian, then gave us a piece of paper with a word on it. Mine was "space journey". He asked us to write a short poem based on the words. We "sang" our poems into a microphone. Ian converted our sounds into high pitch sounds or low pitch sounds. The results were very funny!

To end we each had to design a paper cover for the disc he was going to burn with our recordings on.

I thoroughly enjoyed the 2 hours, which flew by. I rate it 10 out of 10 and recommend any others to go! Thank you B.U.G.S. for yet another wonderful opportunity to partake in something I might not otherwise have considered!

Oliver White (9yrs)

Parents and children have fun with percussion



B.U.G.S. stalls



For the second year running the committee held a Front Hall Stall in Salisbury District Hospital. It is always a great success as it promotes the work of B.U.G.S. to everyone who enters the hospital that day.

It is always very busy and people tell us that it is a very attractive stall. Do visit again on Wednesday May 6th

A nurse looks at the B.U.G.S. stall in the Front Hall

For the first time this year B.U.G.S. has been present during The Winchester Christmas market.

Julia Chute writes: 'B.U.G.S. was invited to hold a stall at Winchester Cathedral's Christmas Market in December 2008 in their German-style 'charity' chalet'.



The Winchester Market stall

On the day we chose, although it was bitterly cold, we received a wonderfully enthusiastic and warm response from all the visitors to our chalet. Jill Boggis kindly helped me set up first thing in the morning and to clear away in the evening in these sub zero temperatures. Our fingers took a while to thaw and we were very grateful for our thermoses of warming drinks! We are delighted with all the money we raised at this very successful event (The Hampshire Chronicle quoted 'some people are now saying it is the best Christmas Market in Britain' and it attracted 50,000 more visitors in 2008 than the previous year.) It gave us a fantastic and important opportunity to spread the word about the work of B.U.G.S. further across the region. B.U.G.S. are so grateful to all our supporters.

Hand Massage

As you know B.U.G.S. tries to make life easier for people who are in hospital as well as when they leave. So in the Autumn B.U.G.S. began funding a Hand Masseuse. She attends the Unit every other week and spends a couple of hours visiting anyone who would like the relaxation of having their hands massaged. If someone is able to leave their room they can have the additional comfort of the

massage carried out in the Quiet Room. If they wish they can also listen to music while lying on the reclining chair B.U.G.S. provided. The massage has proved to be very popular.

Brave Fabien – Luc



Fabien-Luc with a member of the Hants Ambulance Service

Fabien-Luc Pelzer helped his mum Michelle save his little brother who became a patient in Salisbury Burns Unit. While Dominic was in hospital, it was his mum who persuaded Jenny to write 'Bugsy flies again'. The school wanted the children to know more about fire safety, so during the Autumn term Michelle Pelzer, the head teacher at Padnell Infant School in Cowplain organized a non uniform day. She read 'Bugsy Flies again' to all the children. The Hampshire Ambulance Service visited the school on the same day. The children gave the book the thumbs up and



How Fabien-Luc saved his brother

collected money to donate to B.U.G.S. Both the B.U.G.S. committee and Bugsy were very grateful. (article by Sion Donovan and picture by Ian Hargreaves of 'The News', Portsmouth.)



(If you would like a copy of 'Bugsy Flies again' please contact Jenny Collings at the address above. Copies costs £4.50 +pp)

Saffie swims with Dolphins

When I went on Dreamflight it was fantastic. The best part was swimming with the dolphins. The dolphin I swam with was called Dexter. We got to rub his belly and feed him fish. We got to kiss and swim with the dolphin- that was the best part, and at the end we got to watch him do all sorts of tricks. I wanted to take him home with me! The best day ever!

from Saffron Cohen



Our Summer Reminder



It is essential for you to protect your skin from the sun with sun cream which provides good protection for both UVA and UVB exposure.

We advise that

- you do not sunbathe at all
- you always use a high protection sunscreen
- you avoid direct sunlight on the affected areas
- you always use 'sun block' (for sensitive skin) on areas that you are unable to protect with clothing, even on a cloudy day and follow the makers instructions
- you schedule activities to take place in the cool of the day if possible
- you avoid the hottest time of day between 11.00am and 3.00pm for outdoor activities
- you wear a shirt and try to rinse the skin thoroughly and apply more 'sun block', after swimming in the sea

COVER UP, STAY in the SHADE and APPLY sun screen creams

Sunburn can still occur while sitting under sun canopies and on cloudy days

With that in mind you might like to take note that we still have some Swim Suits – see over.

UV Swimwear



We have been donated some UV protective swimwear for children up to the age of 11. Examples can be seen above. This is stock left over from a company called Kulakit which is closing down. The owner Clare Pay has generously offered any she has left to B.U.G.S. to give away. There are a few from age one year up to age 11. If you are interested please get in touch with Jill Boggis 01794 301461

Goodbye to Nicky

Nicky has been a volunteer for two or three years now and gave much time to visiting people on the Unit and helping give patients their lunch. She now has a little grandchild whom she is enjoying helping to looking after so she has had to leave us. We miss her very much.



Guillaume Vappereau helps B.U.G.S.



Guillaume Vappereau, who runs his own very successful Hairdressing salon in Otterbourne, near Winchester very kindly gave an extremely generous cheque to B.U.G.S. before Christmas 2008. This was a wonderful gesture and is much appreciated by B.U.G.S. Guillaume says 'It was a pleasure to help Julia (Chute) and the charity.'

Puzzle Section

Volunteer Chris gave us a quiz last Spring and we didn't have room to give you the answers in the Autumn Letter
So here is the quiz again with the answers.

By changing one letter at a time can you turn the top word into the one at the bottom?

- | | |
|---|--|
| <p>1
Change shape...bend
post, maybe.....
beach soil.....
at edge of sea....
country road.....
bamboo.....
window glass.....
shows wind direction..vane?</p> | <p>2
Ship base....hull
not bright.....
small valley.....
what shops
we ring it.....
round & bouncy.
loud sound.....
made of bricks..wall?</p> |
|---|--|

The answers

- | | |
|--|---|
| <p>1
Change shape.....bend
post, maybe.....send
beach soil.....sand
at edge of sea.....land
country road.....lane
bamboo.....cane
window glass.....pane
shows wind direction..vane?</p> | <p>2
Ship base.....hull
not bright.....dull
small valley.....dell
what shops do.....sell
we ring it.....bell
round.&.bouncy..ball
loud sound.....call
made of bricks.....wall?</p> |
|--|---|



***Would you like to be a B.U.G.S. volunteer?
Your experience would help others.
If you would like information about becoming a volunteer get in touch with Sister Amy Johnson at the address above. She will put you in touch with a member of B.U.G.S. so that you can find out more.***

Being a volunteer is very rewarding and the small group of volunteers would welcome your company