

B.U.G.S Newsletter

Salisbury District Hospital

www.bugssalisbury.co.uk

SPRING 2011

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EVENTS 2011

- Front Hall Stall, SDH
Wed 6th April
- AGM - Salisbury District Hospital
Level 5, 3pm
Wed 18th May
- FAB Camp
2nd - 5th June
- Garden Opening
Sun 3rd July
- Burned Children's Camp
7th - 13th Aug
- Front Hall Stall, SDH
Fri 18th November

New View From Burns Unit

When the Unit moved into its new premises in 2006 the view from some of the rooms in the Burns Unit was most unattractive. A grey, corrugated iron wall faced several rooms, creating a very depressing outlook. Since then, on behalf of patients, B.U.G.S. has continued to campaign for an improvement. After much research, cooperation and input from ArtCare, the Hospital's League of Friends, and Hospital Management, four magnificent nature inspired hangings have been put in to place.



The project has not been easy to complete and Peter Ursem, the ArtCare Director is to be congratulated for producing such a lovely solution.

Unfortunately, the installation team initially positioned the hangings far too low for patients to really appreciate them. In December 2010 they were finally lifted to their present position, and have been much appreciated by the patients since then. Grateful thanks go to all who were involved in their production and positioning.

Success at Hospital's Staff Awards

In November 2010, Salisbury District Hospital held its annual Striving for Excellence Awards, recognising staff for the quality of the care and the service they provide to patients.

Burns Unit Director, Eunan Tiernan (pictured top) won the Individual Customer Care Award, with another member of his team, Mansoor Khan receiving Highly Commended. Our Treasurer, Megan Greenstock and her Burns & Plastics Therapy Team (pictured bottom right) were Highly Commended in the Customer Care Team Award. The awards were nominated by members of the public and presented by Chairman, Luke March on the day.





Hello from the Chairman

What with an unusual winter it is good to see Spring on its way, with the promise of warm weather and all that summer can offer. For our children that means activity camp again, and I do hope many of you will want to request funding to attend the May camp with FAB or the National Camp in Cambridgeshire in August.

On May 18th of this coming year we will be holding our AGM – It will be my last AGM as Chairman as I will not be standing again next year. I feel that the time is right for new ideas and people to take B.U.G.S. into its next phase. When I suggested the idea of a support group to the then sister of the Unit, Janet Tromans 12 years ago, we had little expectation of the way B.U.G.S. has developed and the way it has become so well known. The success has been due to many factors, including the involved and committed volunteers; the strong committee; the support of the Burns Unit Director Eunan Tiernan, the Burns Unit staff, Hospital Management, as well as all our donors and contributors. It has truly been a team effort. I have derived much pleasure in seeing how well the whole group had worked together for the benefit of the patients.

The last year has not been an easy one for most of our volunteers, who have struggled with their own or family difficulties, but despite all, have continued to provide the support necessary at all times. I am so pleased that they are committed to continuing to maintain that support, although it might be in a slightly different way after May. My good wishes go to them and also to all of you who read this Newsletter. I have enjoyed getting to know many of you personally. It is not necessarily goodbye, I am just taking time for personal reassessment and to enable B.U.G.S. to develop in the current NHS environment. Best of wishes,

Jenny

New Mural on Unit



Emma Scott, the artist who painted the beautiful mural for us in the Quiet Room (see our website for photos), has just completed "Summer Breeze", a beautiful seaside view for B.U.G.S. The mural will be hung in a twin room, where a patient in the second bed has only a blank wall to stare at. With some of our fund raised money we have provided a soothing and uplifting scene to look at.

We are so pleased with Emma's new mural that we plan to create some postcards and will be selling them on our stalls.



Pictured right: Emma Scott

LAY REPRESENTATIVES REQUIRED

We have been contacted by the South West Specialised Commissioning Group. They have asked us to advertise that the Network would like to appoint two lay representatives from within existing patient support groups (of which B.U.G.S. is one) to work with the Board. Any necessary expenses will be reimbursed, and an attendance allowance can be claimed for attending meetings. The appointment will initially be for a period of one year, subject to mutual agreement following the first review meeting. There is a possibility of a one year extension following an annual review with the Chair. If you are interested in supporting burn injured patients and their carers in this way and would like to find out more, please contact:

Mrs Catherine Parsons
SWUK Burn Care Network Improvement & Development Manager
South West Specialised Commissioning Group
Hampton House
St Michael's Hill
Bristol BS6 6AU

Tel: 01773 302640 (Jane Harding)
Mob: 07900136092

LETS GO CAMPING!

Since the 1990's, Activity Camps (a.k.a Summer Camp) have become more and more popular for children to meet new friends and take part in activities they may not normally have the opportunity to do. Very often there is not a single tent in sight. There are lots of different activities to do including Archery, Abseiling, Canoeing and Climbing,



Who is eligible?

Camp is for all children aged 8 to 18, who have experienced a burn.

OK, but I am not sure it will be of benefit to my child....

Many of the comments we receive from parents is that they would just like to move on, or for their child not to feel different. Feedback from those parents whose children have been to camp often tell us that their child made so many new friends, or came back more confident having had the opportunity to talk and share their experiences with others in a similar situation. Above all everyone has FUN.



Who runs the camp?

Two camps are organised. One by the Frenchay After Burns Children's Club (FAB), the other by the Burned Children's Club. All volunteers involved in any activity have an up to date enhanced CRB check.

When and Where are they?

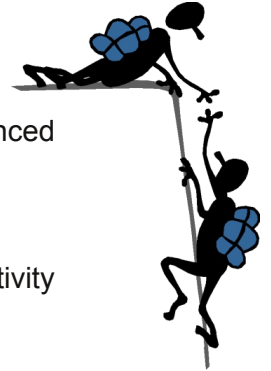
FAB (Regional): 2nd – 5th June. Burned Children's Club (National Camp, Grafham Waters Activity Centre, Cambridge): 7th – 13th August

"I want to go to camp!"

B.U.G.S provides grants annually to cover camp costs, although this does not include travel. If you're child is interested please apply in writing no later than **Wednesday 27th April** using the address over the page.

Where can I find out more information?

<http://www.fabclub.org.uk> or <http://www.burnedchildrensclub.org.uk/clubactivities>



Salisbury Cathedral Close Garden Opening & Stall

Sunday 3rd July

On Sunday 3rd July, some kind friends of B.U.G.S. have offered to open their large, exquisite garden to the public in aid of B.U.G.S. The garden will be open from 2 pm until 6pm with an entrance fee.



Image: Simon Howden / FreeDigitalPhotos.net

The garden is situated in the Cathedral Close and leads down to the River Avon with the Harnham Water Meadows beyond. Come and wander around the beautifully maintained garden, with a 100m double herbaceous border, or sit and enjoy the atmosphere.

Refreshments will be available and we shall have a stall offering information on the work we do and selling ladybird merchandise too. Please come and join us on what we hope will be a gloriously sunny afternoon!



Top Tips for Safety in the Sun this Summer

Sunburn can still occur while sitting under sun canopies and on cloudy days, and not just in the summer months but in the spring too. We advise:

- not to sunbathe at all
- not to use sun cream to spend longer in the sun
- you use a sun cream that protects from both UVA & UVB rays, with a high SPF.
- you avoid direct sunlight on the affected areas
- you use sun block for sensitive skin on areas you are unable to protect with clothing
- you avoid the hottest time of day (11am-3pm)
- schedule activities for the coolest part of the day
- Reapply sun protection creams after swimming.

FUNDRAISING NEWS

Charity Walk in the New Forest - Update

We would like to say a big thank you to Esso Fawley Refinery's Healthy Living Group, following their charity walk for us early in September. As a result, our Treasurer received an extremely generous cheque from the organisers later in the autumn. We are so grateful for all the support they given us over the past decade.

Winchester Cathedral Christmas Stall

On Tuesday, 30 November, on a bitterly cold day of minus degrees centigrade, B.U.G.S. was offered a day in the Charity Chalet. It snowed all day but did not settle and, despite the weather, we had our best results ever! We have now done 3 years in a row and are very grateful



for the opportunity of holding these stalls, which not only raise money for us but also spreads the word.

Guernsey Chamber of Commerce Dinner

In November, Rob Le Page kindly persuaded the organisers to hold their raffle in aid of B.U.G.S. This resulted in an enormous cheque for us of over £3,000! With many thanks to Rob and all who were involved in such a fun and successful evening.

Guernsey Aero Club's Skydive for B.U.G.S

Rob was the successful bidder in the Club's Auction for a Skydive over L'Eree, Guernsey. Viv Gardiner volunteered to do the jump on the condition that funds were raised for B.U.G.S. She completed the jump on 6 September and raised nearly £1,000 for us. Didn't she do well!!



Life Light to raise money for B.U.G.S

Life Light has been developed to save lives by guiding the fire fighter to where someone is most likely to be. They are triggered by the sound of a smoke alarm, and are mounted on the door surround of the bedroom door.



Originally designed for use outside a children's

bedroom, but would also be useful for the elderly or infirm. The makers have kindly said that for every Life Light purchased they will donate £2.50 to B.U.G.S. Retailing at £22.99, it is available direct from Life Light Rescue Ltd. Tel: 01480 479 247 and quote our unique ID number 100101. or purchase online at www.lifelightrescue.com, at checkout click on Burns Unit Group Support in the "How did you hear about us" list.

Sponsored Walk

A couple of kind supporters, with links to the Burns Unit, are hoping to walk from Lands End to John O'Groats in aid of B.U.G.S. in June! If you would like to sponsor them please contact jaynepotts21@hotmail.co.uk

Would you like to fund raise? Please contact Julia Chute through our contact address, Or on behalf of B.U.G.S., you can get involved with any of Salisbury Hospital's Stars Appeal events. Contact the Stars Appeal on 01722 336262 x4005. www.starsappeal.org

To Contact B.U.G.S write to:
B.U.G.S

C/o Sister in Charge, The Burns Unit, Salisbury District Hospital, Odstock Road, Salisbury, SP2 8BJ

Telephone: 01722 345507

To receive this newsletter by e-mail please send your request to: bugs.newsletter@salisbury.nhs.uk

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



BUGSY'S CORNER

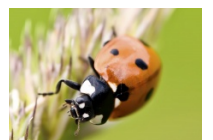
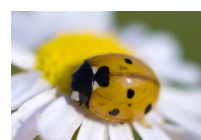
Where to spot a ladybird.

Ladybirds hibernate over winter and can be found hiding under tree bark or leaf litter.

They start to wake up during March and April as the sun gets warmer. If you want try to spot one, look for a plant in your garden with lots of little green insects on as these are aphids, a ladybird's favourite food.

Bugsy says
"Remember, the sun in spring is very strong, as well as in the summer. Don't forget your sun cream!"

Many people do not realise that we have so many different ladybirds living in Britain: 46 species. Not all of them are brightly coloured and spotty; some are really quite dull looking and are not recognisable as ladybirds. There are 27 species from the ladybird family (scientifically called the Coccinellidae) that actually look like ladybirds.



Images: dan / FreeDigitalPhotos.net