



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

B.U.G.S. Spring 2008 NEWSLETTER

Salisbury District Hospital

To contact **B.U.G.S.** write to: Sister Janet Tromans or Staff Nurse Sue Smith, B.U.G.S.
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 May 7th 3.00 – 5.00 Board Room S.D.H.

Do come and support the committee

FAB Camp May 28th to June 1st

National Burned Children's Camp August 17th -23rd

If you are interested in finding out more about camp or the AGM
please contact Sister Janet Tromans, B.U.G.S., (see above)

Hullo from the Chairman

The BUGS committee have decided to revamp the Newsletter and I have been asked to write telling you what we have been doing recently.

Did you know that there are only five people on the committee and that they are all volunteers? There are only 12 B.U.G.S. volunteers in total. Not only do they visit people on the ward and staff the Tissue Support Clinic but they try very hard to provide a system that gives you the support that you want.

Some of you may have benefitted from the Emergency Toilet bags that we provide on the ward, the reclining chairs that we put into the children's rooms to make parents more comfortable at night and the booklets that we have compiled. Last month we published a second booklet for parents which some of you were kind enough to help us with. We are introducing an information pack for new patients and their family which give useful information about being in hospital and also enables people to join B.U.G.S. while still in the ward. We have been aware since we moved to the new hospital that some people are missing out on the benefits that joining B.U.G.S. provides.

You may have noticed in previous Newsletters that B.U.G.S. is well supported by donations. Without those donations we could not arrange the support I have mentioned above, or provide the grants that send children to the special camps. Nor could we support the research that helps improve burn care. At present we are assisting a way of measuring the pressure under the pressure garments.

The committee wonder if they are providing the support that people would like. It would help them to know if there is anything else they should be doing to support people. During the next year you may receive a questionnaire asking a few simple questions aimed at helping the committee provide useful support. Do please return the questionnaire if you receive one with your thoughts and ideas. Meanwhile please do write in with any suggestions. For instance would you like a formal meeting?

Meanwhile, I hope that you like this new Newsletter layout – you might like to let us know.

Best wishes from

Jenny



The FAB Camp 2008

This year the FAB camp is being held at Morfa Bay in South West Wales. You can see more about Morfa on the web by entering Morfa Outdoor Centre. Also www.FABclub

The National Burned Children's Camp 2008.

As usual this camp will be at Grafham Water in Cambridgeshire – see 'Grafham Water Centre' on the net for more information about it. Also www.burnedchildren'sclub.org.uk

The opportunity to attend either camp is open to all children between the ages of 8 – 18. It is a good way for children who have been unfortunate enough to have a burn accident to meet other children in the same situation and to have a great deal of fun at the same time.

Invitations to apply for the grants that B.U.G.S. provides have been sent out to those children on our data base, but anyone else is welcome to apply. B.U.G.S. provides two grants annual, so if you are interested do please apply soon. The grant covers camp costs, not travel.

Grants will be allocated on 1st May 2008

A New Booklet

Following the success of our first booklet, which was written for Adults, we have compiled a sister



The cover of the new booklet

Booklet for Parents which we hope will be helpful in answering questions when people are back at home. It will be officially launched at the AGM on May 7th 2008. (See above) **If you would like a copy please send a self addressed A5 envelope with a 70p stamp on it to B.U.G.S.**

Donations

The Lymington Growmore Club

Lymington Growmore Club obviously had great fun in November when they ran a mechanical pig race for our benefit amongst other organisations.



The Lymington Growmore Club Pig race poster

Jenny and Martin Dolbear, and Julia Rolf write 'What could be so difficult about organising a charity event involving pigs, betting, sponsors, fish and chips and lots of people'..... they thought! They raised the greatest amount of money by approaching sponsors. They also wrote to many people who sent donations. A local butcher kindly gave five pork joints as prizes. Interest grew and eventually 122 tickets were sold..... 'Beaulieu village hall was packed to capacity (and more). The noise of encouragement as our pigs walked, whirled and spun their way down the course could be heard outside!....A fish and chip supper led onto Auction Races which were fun and the competition to own a pig was furious!'



The piggies racing

Crane Valley Golf Club

In February Anna, Jenny and Julia attended the Crane valley Golf Club AGM to receive a very generous donation from the Club. The Captain, Mark Gibson and Ladies Captain Sue Stanner presented a generous cheque to B.U.G.S. in the presence of Heather Gibson. Heather writes;-

'I first encountered the 'Bugs Ladies' in October 2004 when, after a simple accident, I was

admitted to the Burns Unit for 3 weeks. They would call into my room to see if I wanted anything or just for a chat. After my discharge I spent 3 years attending the Tissue Support Unit where I came into regular contact with these lovely ladies who made me cups of tea and sat with my whilst I had a good cry. My husband Mark was elected Captain of the Crane Valley Golf Club (Verwood, Dorset) in 2007 and had to choose a charity for the year. To us the obvious choice was B.U.G.S. What better way for us to repay the kindness and help that both of us received in the years following my accident. The Club Membership got behind us and gave their full support to a charity that none of them had heard of. Various fund raising ideas took place including Mark (supported by friends) completed 100 holes in just over 9 hours, a £1 fine for people hitting balls into the bunker on the 18th, collection boxes, raffles and more. By the end of the year an astounding £6,800 was raised and presented to Julia at the Club's AGM. Mark will keep the members of Crane Valley Golf Club up to date with how well their money is being spent.'

Heather Gibson



Captain Mark and Ladies Captain Sue hands over a cheque to B.U.G.S. in the presence of Heather Gibson

Southampton Airport Fire Service

Earlier this year Paul Abbot and Steve Alexander from the Southampton Airport Fire Service came to deliver more children's toys to the Unit where Julia and Susie were on hand to give some out straight away! The team's ongoing support is much appreciated.



Paul Abbot & Steve Alexander present toys to B.U.G.S.

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

Volunteers

The number of volunteers fluctuates from time to time. Sadly, we have had to say goodbye to some due to ill-health. We thank them for all they did and wish them well in the future.

The good news is that we can welcome Hazel from the Dorset area who is joining the team with fresh ideas and experience.

The volunteers undergo training to ensure that they keep up to date with various aspects of supporting patients and families. Below you see a Data protection Session in progress.



B.U.G.S. Volunteers undergoing training

Research

This year B.U.G.S. has been able to support research into burn injuries in a small way. Dr Philip Wright, Chairman of the Burns Research Group, Salisbury District Hospital writes

Kikuhime Pressure Measuring System

Pressure garments are often prescribed for patients with Burns who are attending out-patient clinics, such as the Tissue Support Clinic at Salisbury District Hospital. The aim of these garments, whether custom-made or off-the-shelf, is to help recovery of the area by applying a constant pressure to it. It comes as no surprise that after time and frequent washing these pressure garments sometimes work less well than they once did!

The Burns Research Group at Salisbury District Hospital has started to carry out research to investigate how effective pressure garments are in applying pressure to the skin – and to find out how often they should be replaced. The Group is delighted that B.U.G.S. has very generously agreed to fund the purchase of a newly designed *Kikuhime* pressure measuring system that can painlessly and speedily measure the pressure that the garment applies to the skin. Preliminary data collected by Clinical Scientists using the new system suggest that this will be an extremely useful device that will help considerably in our understanding of how well pressure garments are working and when they might need replaced.



Kikuhime Pressure Measuring System

Ladybird Fact!

Ladybirds got their name in the Middle Ages when farmers noticed that they fed on pests on their grapevines and called them 'Birds of Our Lady'. They eat greenfly, blackfly, insect eggs, small caterpillars and other insects that can damage the plants they sometimes feed on themselves.

Puzzle Section

See below for the answers to the puzzle in the last newsletter

Kitchen

There were 7 hazards not 9. Our apologies.

1. A Plug has too many things plugged into it and so could cause a fire. Plugs should not be over loaded.
2. The lead from the kettle is hanging down so could be pulled. If the water in the kettle was hot it could cause a scald. Leads should be placed at the back of the work top.
3. The kettle is near the edge of the worktop. It could be knocked off, possibly causing a scald.
4. The mug is too near the edge of the work top and could be knocked off, possibly causing a scald.
5. The cleaning substances in the cupboard under the sink could cause chemical burns. They should be out of reach of children.
6. The pan handle is sticking out and could be knocked or pulled causing a scald if hot water spilt out. Pan handles should be turned away from the front of the stove.
7. The iron on the board could be pulled off causing a burn. Irons should not be left unattended. They should be unplugged and stored out of reach.



Sitting room

1. Children should not be left unattended near a fire.
2. Fires, heaters and radiators can be made safer by placing a guard in front of them.
3. Clothes should not be left to dry in front of a fire.
4. Keep matches out of reach of children.
5. Toys left lying about can cause people to trip and may result in a burn if near a fire.

Today's Puzzle

Word Ladder

Thanks to Chris for devising these.

Can you change the word at the top of the list to the one at the bottom changing one letter at a time using the clues to decide which letter to change.

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