

THE Pulse

Issue Number 86
June 2018

70
YEARS
OF THE NHS
1948 - 2018



Norfolk and Norwich
University Hospitals
NHS Foundation Trust

NORFOLK AND NORWICH UNIVERSITY HOSPITAL

Colney Lane, Norwich, Norfolk NR4 7UY

Tel: 01603 286286 www.nnuh.nhs.uk

Hospital Radio Norwich Request line (to request a song or a bedside visit) call 01603 454585 or from your Hospedia bedside unit dial *800

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Café Bar Outpatients East. Monday to Friday open from 7:30am to 4:30pm

Little Costa Outpatients West Monday to Friday open from 7am to 6pm

POD: Plaza East open Monday to Friday from 7am to 8pm, Saturday 9am to 6pm

Cafe Pure (inside WH Smith, Plaza West) open Mon–Fri 7.30am–6pm, Sat 9am–4pm and Sun 10am–3pm

WRVS shop East Atrium: open Mon–Fri 8am–8pm and weekends 10am–6pm

WH Smith Plaza (West) – see Cafe Pure, above

The Stock Shop (ladies' fashions) open Mon–Fri 9am–5.30pm and Saturdays 10–3.30pm

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Lost property 01603 286803 or ext 2803

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For confidential help and advice call 01603 289036

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CROMER HOSPITAL

Mill Road, Cromer NR27 0BQ, Tel: 01603 646200

OTHER HOSPITAL DEPARTMENTS

- **Cotman Centre**, Norwich Research Park: Cellular Pathology, Radiology Academy
- **Innovation Centre**, Norwich Research Park: Microbiology
- **Francis Centre**, Bowthorpe Industrial Estate, Norwich NR5 9JA, ext. 4652: Health Records
- **Norwich Community Hospital**, Bowthorpe Road, Norwich NR2 3TU:
- **20 Rouen Road**, Norwich, NR1 1QQ, ext. 6954:

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Letters

Dear Mark,

As an NNUH consultant, and a member of staff since about 1996 at the 'old' hospital, I have always thought that our hospital is a really special place. However, even though I thought I knew the NNUH pretty well, I don't think you can really know it until you've actually been a patient here.

Last week I very suddenly and unexpectedly needed our hospital because I became unwell with a severe infection.

At this point all I can say is that I am almost ashamed that I didn't really know how good our hospital is. And it's not all about the building, which is of course very nice, but it is all about the people and the culture that thrives here that I felt more strongly than at any other time in my career.

I was amazed by the extraordinary levels of care,

kindness, humour, skill and dedication at all levels. Now it might be tempting to think that I was getting some kind of special treatment, but actually most of the people I came into contact with regularly such as the cleaning and catering staff, the HCAs, the porters had no idea I worked here. I truly believe that what I experienced was the NNUH 'Standard of Care' which our patients also receive and which to my mind is unrivalled.

Now that I have found myself on the receiving end of our 'vision' I am proud to say that I did feel that every single member of our staff provided me with the care that they would want for their own loved ones.

Kind regards,
Jon Clibbon

Social media @NNUH



Without exception incredible service from everyone in MLBU, Delivery Suite and Blakeney. Credit to the NHS

Matt Jones, Facebook

It took two broken bones and a three hour visit to @NNUH A&E for my 8 year old to realise how lucky we are to have an @NHSChoices. Thanks you Norfolk and Norwich, what an extraordinary team!

@gusitwo, Twitter

#godblessthenhs for caring for my husband and thank you to staff and patients in DPU and Denton Ward @NNUH #Angels

@hellycake, Twitter

Thank you @EastEnglandAmb and @NNUH for looking after my dad yesterday. Sending much love for the job you guys do

@map18w, Twitter

Please send your contributions, comments and suggestions to communications@nnuh.nhs.uk or to Communications, NNUH, Colney Lane, Norwich, NR4 7UY

Signing up to the Mental Health pledge

NNUH has signed up to the Time to Change employer pledge which demonstrates a commitment to raising awareness of mental health in the workplace.

The pledge was signed by members of the Executive Team at NNUH including Director of Workforce Jeremy Over and Medical Director Peter Chapman.

The signing was part of a series of events and activities organised for staff as part of Mental Health Awareness Week which took place between the 14th and 18th May. A team from the Workplace Health and Wellbeing Team at NNUH arranged yoga meditation sessions, mindfulness colouring and workshops encouraging staff to discuss mental health and find ways to support colleagues.

Having signed the pledge, NNUH joins a growing movement of more than 700 employers in England across various sectors, including FTSE 100 companies, leading retailers,

Government departments and local authorities.

Jeremy Over, Director of Workforce at NNUH, added: "Signing the Time to Change Employer Pledge signals our commitment to changing how we think about mental health in the workplace, as we want all colleagues to feel valued and supported at work.

"By looking after their health and wellbeing, our teams will feel more supported to provide excellent care to our patients and their families. Creating an open and supportive environment for our teams at NNUH is a key priority."



This year we celebrate the 70th anniversary of the NHS which we are marking at NNUH with a commemorative keepsake wraparound issue of the Pulse.



The cover picture of a group of nurses from this hospital takes us back seven decades to 1948 - what an amazing journey healthcare has taken in that 70 year period where the boundaries of medicine, treatments and surgical techniques have developed to the point where Cancer Centres, like ours at NNUH are doing high tech surgery with the use of a robot.

The new £75 million Quadram Institute in which we have a state of the art Endoscopy Unit and run the ground-breaking new Clinical Research Facility (pages 8 and 9) which will have a focus on pioneering research into the microbiome in collaboration with our QI(B) and UEA partners, also shows how far research has come and indicates where it may go in the future.

However at its heart the NHS is what it always was - committed and dedicated staff across all professions and support services giving the best care possible to our patients.

Each and every one of our members of staff has my personal thanks.

Mark Davies
Chief Executive

**Norfolk and Norwich University
Hospitals NHS Foundation Trust**

How you can get involved in NHS70

Members of the public and local groups are being invited to host a tea party on 5th July to celebrate 70 years of the NHS and raise funds for charity.

N&N Hospitals Charity is part of NHS Charities Together, a group of more than 70 NHS charities, which have come together to celebrate the 70th anniversary of the NHS and raise awareness of the work that NHS charities do by launching the NHS Big 7Tea.

If you would like to host your own tea party, visit www.nhsbig7tea.co.uk

If you have been thinking about volunteering for NNUH, NHS 70 is a great excuse to make that first enquiry with our Voluntary Services Team. We have more than 700 volunteers at the Trust and there are at least 70 different volunteering

roles you can do to help make a difference. Call **01603 286060** or email volunteers@nnuh.nhs.uk for more information





**Norfolk & Norwich
Hospitals Charity**

Support our Run Norwich team

On Sunday 4th August, Run Norwich is taking place and, for the first time, the N&N Hospitals Charity will have its own team. Our 20 runners will take part in the 10k race raising money for the hospital.

Please join us on the day to support our runners and everyone taking part in this fantastic event.

Upcoming Fundraising Events

Family fun evening in aid of NNUH dementia care at The SugarBeat (NR14 7PU) - Friday 24th August 4pm - 10pm. For more information contact **07747 536537**

Mannington Hall Open Day in aid of Jenny Lind Children's Hospital, organised by Norfolk Lions Clubs - 2nd September, 11am - 5pm. For more information contact **07717 533549**

Charity Dance in aid of the Colney Centre at The Lighthouse Inn, Walcott - Saturday 15th September at 8pm. For more information, contact **01692 405408**

If you would like to support the hospital charity, please contact Louise Cook on **01603 287107** or email fundraising@nnuh.nhs.uk

Club kicks off fundraising year with £3,000 for NNUH breast cancer care

Breckland Flower and Garden Club has chosen the hospital's Breast Cancer department as its charity for the year and will spend the next 12 months raising money to purchase equipment.

The Club came up with the idea for the day following the breast cancer diagnosis of a number of its members, including Maxine Mace.

Maxine said: "I was thrilled when the club announced breast cancer care at the hospital was their chosen charity for this year and I have been overwhelmed by the

generosity of everyone who made this fantastic event happen.

"Raising £3,000 is an amazing amount to kick-off with, my hope is we can double this over the next 12 months and, knowing these ladies, we will."



Innovative day room helps NNUH patients

Chair of NNUH John Fry opened a new 1950s day room on Kimberley Ward which aims to help patients' memories and reduce anxiety during their stay at the hospital.

The room, funded by the hospital charity, features décor inspired by 1950s designs and includes a 'wireless' radio and photographs. It offers a comforting space with memorabilia reflective of the era to

stimulate patients with dementia and their memories.

Lee Shiers, Older People's Medicine Volunteer Coordinator, said: "There is a really calming atmosphere in the room and it is such a contrast to what it was like before."

Deputy Sister Julie Payne said: "The new day room not only benefits our patients but helps their relatives and carers and gives them a lovely place to sit.

"We can use modern technology in many ways to provide music, news stories as well as having books and photos from that era for patients to look at and reflect upon."



Woman steps up training for charity bike ride

A woman is urging cyclists of all abilities to take part in the NNUH charity bike ride as she begins her own training as part of her recovery from breast cancer.

Maureen Poulter, from Sheringham, is taking part in the Sportive on Sunday 15th July raising money for the NNUH Breast Cancer Fund. The 68-year-old, who will take part in the bike ride with her husband and son, was diagnosed with cancer in July 2016 following breast screening at Cromer Hospital.

"I really wanted to do something to challenge myself, and also to say

thank you to NNUH for the care and treatment I received."

The Sportive offers 100, 60 or 30-mile routes, all of which follow sections of the Tour of Britain and the Women's Tour, and all start and finish at the hospital on Colney Lane.

Entry for the Sportive is £25 for the 100 mile, £20 for the 60 mile and £15 for the 30 mile and your entry will directly support the N&N Hospitals Charity.

To enter, go to www.pushsport.co.uk/nnuh-100

We are sorry not to be able to mention everyone who has helped or supported the hospital charity but we are truly grateful for all your support.

Super fundraiser Sue!

Super fundraiser and NNUH staff member Sue Burrows has raised tens of thousands of pounds for good causes over the last 25 years. She has helped over 25 charities, many of them linked to Norfolk and Norwich University Hospital, such as the Jack Pryor Unit, Neonatal Unit, Urology Department and more recently with a donation of £150 to The RiNG patient support group (Rheumatoid in Norfolk). Sue



works on the Rheumatology Day unit at NNUH two days a week as a Healthcare Assistant where she helps patients when they come in for observations or tests.

Prior to working at the new hospital site, she worked on the Day Procedure Unit at the old N&N and spent time as a cleaning supervisor before taking up her current role. Sue lives in Norwich and spends her spare time running charity stalls, raffles and tombolas to raise money for charity. Sue says: "I always donate to causes which are close to my heart and for charities which have supported friends and family through difficult illnesses."

Mother and daughter raise funds for Colney Centre

Patient Emma Manning and her mother Julia Fisher have spent a busy year making cakes and running charity stalls to raise money for the N&N Hospitals Charity to benefit the Colney Centre after Emma was treated there for cancer. They have specifically raised £4,000 to purchase three syringe drivers but in total a sum of £10,000 has been raised since 2015.

Emma says: "This was the best way to say thank you to all the doctors and nurses who treated me. Everyone has given so much of their time to support us through

a difficult period. In particular, we received outstanding support from Dr Susanna Alexander and Dr Gill Gray when I was very poorly and I would like to say a huge thank you to them both."

One of the consultants involved in Emma's care was palliative medicine Consultant Dr Nicola Holtom, who said: "Emma and Julia have worked so hard to raise this money and we are putting it to good use in purchasing additional essential equipment which will be used for patient care every day."



Dates for your diary

Trust Board meetings

- 27 July 9am – 11am
- 28 September 9am – 11am
- 30 November 9am – 11am

Council of Governor meetings

- 26th July 10am - 12pm
- 24th October 10am - 12pm

All meetings are held in public in the Boardroom.

As space is limited at these meetings, please contact the Communications Team to book a place via communications@nnuh.nhs.uk

N&N Hospitals Charity Bike Ride

Sunday 15th July

NNUH AGM and Fundraising Awards

Monday 24th September

Medicine for Members event

Breast and Gynaecological cancers: Prevention and Awareness

Tuesday 16th October

Celebrating 70 y

It was the year that British Railways was formed, the Olympic Games came to London and the Treaty of Brussels was signed.

1948 was also the most significant year for healthcare in this country when the National Health Service was established on 5th July and universal healthcare, free at the point of delivery, came into effect.

This year marks the 70th anniversary of the NHS – a landmark to celebrate and thank all our dedicated staff and volunteers for their contribution to the service over the decades.

NHS 70 is an opportunity for us to look back on the many technological, scientific, medical and workforce developments over the last seven decades, but to also look forward to the future and the developments that will come.

When the NHS was founded in 1948, the Norfolk and Norwich Hospital was already 177 years old and Cromer Hospital was 16 years old.

Today, the two hospitals are unrecognisable from the early days of the NHS with new buildings, modern wards and theatres. And the Trust is performing procedures and embracing medical innovations

that were unthinkable 70 years ago.

The uniforms have changed a lot from the 1940s and 50s. However, the care and compassion of staff has never wavered.

On a visit to open the maternity unit at the old N&N in 1968, The Queen Mother summed it up perfectly and praised staff for their “gentleness and human sympathy and an integrity which never allows you to give less than your best to each patient.”

Mary Oliver began working in the NHS as a medical secretary in 1948 and has been a volunteer in the rheumatology department at the NNUH for the last 25 years.

She said working in the health service at the start of the NHS was being in “a big happy family”.

“I think the standard of nurses and doctors are just as caring as they used to be and the care is just as good,” she said.

The Future

Later this year, the multi-million pound Quadram Institute will open and the new NNUH-run Endoscopy Centre will see its first patients. The



Matron Miss J Watson in her office with deputy Miss B.M Wyman in 1957

Gastroenterology department will be able to conduct at least 40,000 procedures a year within the state-of-the-art building, making it one of the largest endoscopy centres in Europe.

Planning permission has been granted for a major expansion of interventional radiology facilities at the NNUH and at Cromer Hospital, a new extension is planned for a new chemotherapy and blood transfusion centre.

Mark Davies, NNUH Chief Executive, said: “The NHS never stops moving and developing to do its best for our patients. However, the 70th anniversary of the NHS is a good opportunity to take a moment to reflect on what the organisation means to us and to celebrate all its achievements.

“I’d like to take this opportunity to thank all our staff and volunteers who have made such a wonderful contribution to the NHS over the years and continue to work hard. Our staff really value all the feedback we receive from our patients and we continue to strive to improve our services and we are looking forward to a number of exciting developments over the next few years to expand our capacity and strengthen our specialist services.”



Sylvia Aylmer, third from left, completes her nursing training in 1958

years of the NHS

To celebrate the 70th anniversary of the NHS, we asked our dedicated staff what they love about working at NNUH.

Throughout July, we will be sharing 70 staff stories on the Trust's social media platforms to profile their skills, experience and successes and celebrating their diversity.

Here's what some of them said when we asked them about what they loved about working in the NHS.



Christopher Denson-Smith, Senior Operating Department Practitioner, Critical Care

"The main reason I enjoy working at the N&N is all the other people who work here. No matter what they do or how important their role may be perceived it is the people who work here that make NNUH a great hospital. From the switchboard ladies who connect us when we haven't got time to say hello to them first or the porter who spots us transferring a critical patient and holds a lift ready for us. Seeing a patient getting better. That's why I love it."



Debbie Wright, Senior Discharge Co-ordinator on Mattishall Ward

"I have worked in the NHS for 40 years in several different roles. I love supporting patients and families and I get to meet some amazing people. The most rewarding part is helping someone to feel better. The ward I work with is very supportive of my role, which is relatively new, and they trust me to take over when the discharge is complex and needs my input to co-ordinate all the different services for the patient."



John Nolan, Consultant Trauma and Orthopaedic Surgeon

"At the hospital we have a fantastic workforce - consultants, nursing staff and all our support staff - they are such a highly committed group of people and our patients are wonderful."

"The job I do is hugely rewarding. We see someone who is in pain, who can't sleep at night, can't live their life and almost overnight we are able to rid them of the pain and not surprisingly, many of them are hugely appreciative; and there cannot be many people who get more job satisfaction than I do."



Alisha Shute, Apprentice Divisional Administrator, Emergency Dept.

"Working for the NNUH is very rewarding and the environment around the hospital is always positive and friendly, we're all here to do the same job look after patients and staff."

"The Emergency Services team are all friendly and welcoming which is good when you join the team as a new person. I haven't been here long, but I already feel like a part of the team."



Jess Foster, Nurse on the Children's Assessment Unit

"My grandmother was a nurse and I heard a lot about it through her. I did a lot of volunteering with children. I always wanted to go into a profession where I was helping people and working with people from different backgrounds."

"Every day is different. You are always learning and making a positive difference to the lives of children and families and working in a brilliant team of kind and caring professionals."



Paul Read, Advanced Clinical Practitioner, Emergency Dept.

"I am from Norfolk and I have worked here for 15 years. The hospital is a friendly place to work and I have been given a lot of opportunities here."

"The Trust has supported me throughout my career and given me opportunities to do more advanced training, my Masters degree and proposing the new ACP role in the Department and supported its introduction."

NNUH through



1952: Princess Margaret opens new orthopaedic operating theatres on 7th July

1957: The Queen and Duke of Edinburgh officially open the Frank Inch Memorial Operating Unit on 3rd July

1958: Decision taken to redevelop the Norfolk and Norwich as a major district hospital

1954: The Friends of Norwich Hospitals is founded to raise funds to benefit patients of Norwich and District Hospitals

1963: A school of Radiology is opened in Norwich

1971: Hospital celebrates its bicentenary and the Duchess of Kent opens a Diagnostic Treatment Centre.



1982: New £138,000 operating theatre opens at Cromer Hospital

1978: £100,000 ten-bed Cromer Allies Eye Unit surgical ward opens at Cromer Hospital

1968: The Queen Mother opens new maternity unit at the N&N on Thursday 27th June



1984: Building work starts on a Big C development of an extension to the radiotherapy and oncology department at the N&N

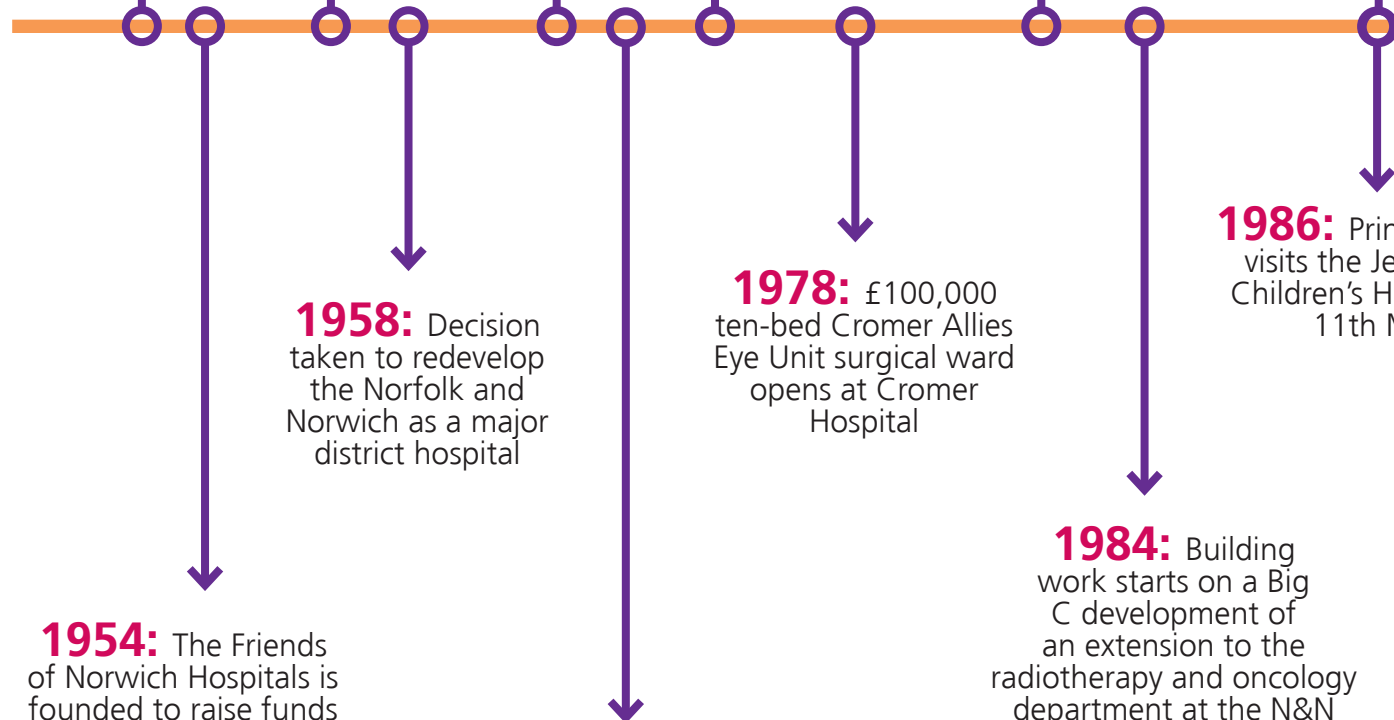
1986: Princess Margaret opens the computer tomography scanner Wymondham ward N&N on 23rd May

1986: Princess Diana visits the Jenny Lind Children's Hospital 11th May

1990: Bertrun Norv

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1998: Building work starts in Colney on the new NNUH



1997: The Duchess of Kent visits the gastroenterology department at West Norwich Hospital

2001: The new NNUH at Colney opens to patients in November



2010: Building work starts on £15m new Cromer Hospital

2012: New Cromer Hospital opens

2014: Chemotherapy treatment begins at Muriel Thoms Unit at Cromer Hospital and the north Norfolk hospital also welcomes its 500,000th patient

2016: Robotic assisted surgery starts at NNUH and work starts on the 100,000 Genomes Project

2018

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2004: Prince Charles opens the Diabetes Centre at the West Norwich Hospital on 5th January

2007: The Archbishop of Canterbury visits NNUH



2014: The Winterton Unit, a £4.5m radiotherapy cancer treatment unit, is opened by the Duke of Gloucester

2017: Plans are unveiled for an expansion of Cromer Hospital and the first Older People's Emergency Department opens at NNUH

2018: The Pets As Therapy (PAT) initiative begins at NNUH

2004: The Queen formally opens NNUH



Creating a state-of-the-art research environment

An exciting development to increase and enhance research at NNUH will take a big step forward later this year.

A new Clinical Research Facility (CRF) in the state-of-the-art Quadram Institute will be home to a host of research initiatives to aid the development of new treatments and improve patient care.

The NNUH-run facility will bring together researchers and scientists from the hospital, Quadram Institute Bioscience (QIB), University of East Anglia (UEA) and across the Norwich Research Park.

Dr Melanie Pascale is delighted to have taken up the new post as manager of the CRF, which will be an integral part of the collaboration between researchers and scientists

at the Quadram Institute on Norwich Research Park.

The CRF will champion research studies that will explore how food and nutrition affect health and disease and a vast array of other clinical trials, which will involve patients and volunteers. The results of these trials will lead to new strategies and treatments for improving health and preventing related diseases.

Primary facility for trials

The NNUH-run CRF will be the hospital's primary facility for clinical trials that do not need to be located within the main hospital building. In a facility designed by researchers and hospital clinicians, it will provide a mixture of outpatient, clinical and laboratory space as well as a food-

preparation area for diet-related studies. It is estimated to have capacity to accommodate around 5,000 research participants a year.

There are more than 300 currently active research projects at NNUH and last year more than 3,500 patients chose to take part in these clinical trials.

The Quadram Institute has been created by four partner organisations – NNUH, UEA, QIB and the Biotechnology and Biological Sciences Research Council (BBSRC). It is run by a charity – the Quadram Institute Partners.

The Quadram Institute will also be home to a new regional endoscopy centre, which will be run by NNUH. The centre will have capacity to carry out at least 40,000 procedures a year, making it one of the largest in Europe.

Dr Melanie Pascale, Manager of the Clinical Research Facility



Melanie began her career as a biomedical scientist at NNUH 20 years ago before studying for her PhD at QIB (formerly the Institute

of Food Research). Melanie returned to the NNUH after some time as a research scientist on the Norwich Research Park, working with the Cancer Research Network, Eastern.

For the last seven years she has been Senior Programme Manager and Principal Investigator of the Norfolk Diabetes Prevention Study, which is hosted by NNUH.

Melanie said: "The Quadram Institute is a wonderful building and the NNUH's CRF creates a novel state-of-the-art collaborative

working environment for hospital researchers and scientists from the UEA and QIB. It is really exciting to bring all these experts in their field together.

"Evidence clearly demonstrates that patient outcomes are significantly improved by involvement in research and being treated in a research active environment such as the NNUH.

"It will represent a turning point for research for the hospital and will build on our partnership with the UEA, QIB and other partners on the research park."

ate-of-the-art nment at NNUH



The new Quadram Institute is nearing completion

Ministerial visit

Science Minister Sam Gyimah was given a tour of the new Endoscopy Unit by NNUH Chief Executive Mark Davies and Consultant Simon Rushbrook when he visited the £75 million building in May.

The minister also announced a £40 million research investment in the Quadram Institute from the Biotechnology and Biological Sciences Research Council (BBSRC) to help gain greater understanding of the impact of food on health.

He said: "Researchers funded by BBSRC are making a real difference: helping feed the world, keeping us healthier for longer, and making the UK a more prosperous place. Ten million Brits alive today are expected to live to 100, and this new £75 million institute facility will help ensure more of us have a healthy, happy old age. Our investment

in science is a vital part of our modern industrial strategy."

The BBSRC forms part of UK Research and Innovation, alongside other research councils such as the Medical Research Council, Innovate UK and Research England – with a combined budget of more than £6 billion.

Sir Mark Walport, Chief Executive of UK Research and Innovation, added: "Providing world-class infrastructure and a culture that fosters collaboration is a key to maintaining the UK as a world leader in research and innovation. By bringing scientists and clinicians together in a purpose-built facility, the Quadram Institute will ensure insight and understanding is rapidly translated to maximise the positive impacts of food on health and reduce the economic and societal costs of chronic diseases."



Minister Sam Gyimah speaks with scientists who will be working within the Quadram Institute

Information Fayre h support in

We were delighted to have brought the local community together for a second year running to highlight the wealth of support available in Norfolk for those living with dementia and their families and carers.

The NNUH Dementia Information Fayre, which was held on Monday 14th May 2018, welcomed over 30 local public sector and community providers to run information stands alongside talks for the public by experts from NNUH, UEA and other local organisations.

A wonderful event

Liz Yaxley, Dementia Services Manager at NNUH: "It was a truly wonderful event with a real buzz running throughout the day. As well as the abundance of information



Talks from a variety of health professionals were held in the Benjamin Gooch Lecture Theatre



Heather Edwards provided musical entertainment throughout the day

which was available for those living with dementia and their carers, we were fortunate to have musical entertainment from local 'Come Singing' groups, which included people living with dementia, their carers and volunteers too. Our Pop-Up Café which was run by our dedicated NNUH volunteers also really added to the lovely atmosphere."

The fayre was also a chance to showcase some of the knitted and crocheted lap blankets that had been kindly created and donated by the public and NNUH colleagues. The community lap blanket campaign was organised by the Dementia Support Team and gave people the opportunity to make

blankets for patients at NNUH living with dementia.

Liz added: "I'd like to thank all those who visited the event and we do hope you took something useful away with you. I'd like to also thank those who represented local organisations at the event and provided invaluable advice and information to those attending the fayre. My deepest thanks also go to Zena Aldridge, Daniel Schaffer, Dr Sarah Housden and our teams at NNUH who dedicated their time to host such informative talks as part of the fayre."

Dementia Action Week

The event was held ahead of Dementia Action Week which took

Highlights Dementia in Norfolk



place between 21st and 27th May 2018.

Heather Edwards, Lead on the Music Mirrors Programme said: "It was wonderful to see all these organisations helpfully gathered in one place, and many people I spoke with were so full of praise for the event. Visitors were able to come together, receive lots of information, have a cup of tea and speak with others on similar dementia care journeys."

Working with partners

Marie Lucas, Dementia Development Lead, Age UK Norwich said: "Well done to NNUH staff for organising the Dementia Information Fayre. An event like



Refreshments were provided by volunteers at the NNUH Pop-up Café



Generous fundraisers and volunteers had been knitting sensory bands and blankets in advance of the event

this gives an opportunity for everyone from various initiatives to share information, support and advice particularly to those who are affected by dementia. Equally, it is a good way of signposting the available services and support around Norfolk. The event itself is a testament of how significant it is to work collaboratively and its positive impact in the wider community."

A special thanks go to the NNUH Choir, Jeremy Over, NNUH Director of Workforce and Heather Edwards for all providing musical entertainment throughout the day, and to Serco, Tesco and dedicated NNUH colleagues for providing teas, coffees and refreshments.

NNUH Oesophago-gastric Cancer Centre named as one of the best in UK for eighth year running

Our Oesophago-gastric Cancer Centre is celebrating results from the recent National Oesophago-gastric Cancer Audit (NOGCA), which names the Trust as one of the best centres in the UK for the eighth year running.

The audit highlighted that NNUH has one of the lowest mortality rates after major complex operations for cancer of the oesophagus, as well as the shortest length of stay for patients post-operation. The national average of length of stay for these

patients is 12-15 days, however NNUH patients stay on average just 7 days after their operation. This means we have one of the quickest recovery rates following this type of surgery in the country.

Each year, NNUH performs around 50-60 Minimally Invasive Oesophagectomies (MIO), a procedure which removes part of the oesophagus (gullet).

Mr Edward Cheong, Upper GI Cancer Lead and Consultant Oesophago-gastric Surgeon said:

"This is fantastic news for both our patients and for NNUH. It's been a massive multi-disciplinary effort from the whole OG Cancer team, and I'm so proud of what we have achieved."

He added: "If you have acid reflux, heartburn or difficulty swallowing, please see your doctor early as it may be signs of oesophageal cancer. Don't just keep taking your medications to relieve heartburn and please don't ignore these symptoms. The earlier we pick this cancer up, the easier it is to treat it and the better the outcome."

Mark Davies, NNUH Chief Executive said: "The results from this recent audit reflect the enormous dedication and commitment from the entire Oesophago-gastric Cancer team at the hospital. We are extremely proud of the work they do and it is fantastic to be independently recognised for the quality of our service. A massive congratulations to the team."



Developing tailor-made treatments of the future

More than 500 people have joined a groundbreaking project at NNUH to help develop tailor-made treatments.

The world-leading 100,000 Genomes Project was launched two years ago to sequence 100,000 complete sets of DNA from patients with cancer and rare diseases.

Almost 350 cancer patients at the NNUH have so far opted for their blood and tissue samples to be sequenced as part of the nationwide scheme, which will help to develop new clinical trials and targeted treatments for a range of cancers. More than 200 participants have also been recruited to the rare diseases part of the project.

The NNUH started recruiting patients with colon, kidney,

testicular and ovarian cancers when 100,000 Genomes Project launched in 2016. The initiative has now been extended to include head and neck, skin, prostate, breast, endometrial and blood cancers.

The NNUH is one of the country's biggest cancer centres and diagnoses almost 2% of all cancers in the UK.

Sequencing patients' genomes provides a more accurate diagnosis for a range of cancer types. It can be used to show how a cancer may evolve and change over time, predict potential future health issues for patients, as well as identify treatments to which a patient will best respond.

Being able to understand a patient's DNA "barcode" allows for personalised treatment, which will help to increase survival rates and improve the quality of life for NHS patients.

More than 60,000 genomes have so far been sequenced as part of the 100,000 Genomes Project nationwide. For more information, visit <http://eastgenomics.org.uk/>



NNUH first in the East to benefit from state-of-the-art machine

The Ophthalmology Research Unit was delighted to mark International Clinical Trials Day this year by inviting members of the public and NNUH colleagues to see the newly-installed IRay machine – one of only five of its kind in the country.

The recent arrival of the IRay machine, which is a non-invasive robotic radiotherapy device, makes it easier for participants to take part in the ground-breaking nationwide research study, 'STAR' because research participants are now able to receive treatment as part of the study on the main hospital site, whereas originally participants were required to travel to London. STAR aims to reduce or remove the need for ongoing eye injections for patients with Wet Age-Related Macular Degeneration (AMD) – a leading cause of blindness in the UK.

Patient Research Ambassadors (PRAs) who provide an important link between patients and those providing research opportunities at NNUH were also in attendance on the day to speak about their role and how people can get involved. PRAs help promote research, improve access and make research more patient-centred.

Heidi Cate, Ophthalmology Research Unit Manager at NNUH



said: "Securing the use of the IRay machine in Norwich is another big step forward for us and will enable so many more people to become involved in our exciting research projects. Research provides so many opportunities to participants who can benefit from new treatment or devices, and can help future generations – allowing clinicians to learn more about certain diseases. We have a fantastic specialist research team in the Ophthalmology Department at NNUH who love engaging with people through research."

Peter Chapman, NNUH Medical Director said: "The arrival of the IRay machine is a massive step forward

in terms of allowing us to continue the great work of the 'STAR' study. Wet AMD affects patients over 50 years old, and as Norfolk has a significantly older population, it's very important we are involved in this research. The open day for the public on International Clinical Trials Day was a great chance for both members of the public and NNUH colleagues to see the fantastic IRay machine, and find out how taking part in the STAR study can help support local patients."

NNUH appoints new Chief Nurse

After a nationwide recruitment search, Professor Nancy Fontaine has been appointed as Chief Nurse at NNUH.

Nancy is currently Chief Nurse and Deputy Chief Executive at Princess Alexandra Hospital NHS Trust in Harlow, and has been in this role since 2012. Nancy was appointed as one of the country's first Consultant Nurses in Emergency Medicine in 1999 and was latterly Chief Nurse at Whipps Cross Hospital at the time of the creation of Barts Health NHS Trust, before her move to Harlow.

Mark Davies, Chief Executive at NNUH said: "Nancy is an experienced and inspirational clinical leader

who will help us drive ongoing improvements in the quality and safety of care for our patients, and support involvement, development and well-being for colleagues across NNUH. Nancy brings with her significant experience in her professional field from London and other parts of the country and it will be a real pleasure to welcome her to the hospital and of course to the county of Norfolk."

Professor Nancy Fontaine said: "I am thoroughly delighted and proud to be appointed as the Norfolk and Norwich University Hospital Chief Nurse. I am looking forward to working with the nursing, midwifery

and Allied Health Professional teams, to develop academic and career pathways and optimise potential for research and quality improvement."



