

# ambassador

Clinical Excellence, Quality and Safety



Governor Elections for 2012 will start in June and notices will be displayed on our website and sent out to the membership. There are nine seats to be contested – three for each of the constituencies of Luton, Bedfordshire and Hertfordshire.



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# welcome to ambassador

'The Ambassador' is our way of communicating with you, one of our hospital members. We want to ensure that we keep you up to date with real developments of the hospital and to let you know how you can get involved. We now have over 14,000 members and we are keen for as many members as possible to play an active role in shaping how the hospital is managed and is developed for the future.

## DATES FOR YOUR DIARY

**The next Medical Lecture is on 8th March 2012.**

**All members are invited - RSVP by 17th February**

The medical lecture **'When life is a pain' – addresses the myths of chronic pain** and will be presented by Pain Specialists Lynn Grigg MSc and Sue Bell MSc. The lecture will look at some of the issues surrounding the management of chronic pain (defined as pain of long duration) which is often misunderstood and poorly treated. The services offered by the Pain Service, both at the L&D and in the community, will be explained. There will be time for questions following the presentation.

The lecture takes place from **6.30pm to 8pm** on **Thursday 8th March 2012** in the **COMET Lecture Hall** at the **L&D Hospital**. As limited spaces are available please send us the **response slip** early in order to avoid any disappointment.

Tea, coffee and biscuits will be served from 5.30pm onwards when there is an opportunity for informal discussion with L&D Governors.

### Council of Governors' meetings

**Why not come along to one of our public meetings of your hospital's Council of Governors? They are all held at 6.30pm, at the COMET Lecture Hall at the L&D. The dates for 2012 are:**

Mon 23 <sup>rd</sup> January	Mon 21 <sup>st</sup> May	Mon 10 <sup>th</sup> September
Wed 21 <sup>st</sup> March	Wed 25 <sup>th</sup> July	Wed 21 <sup>st</sup> November

### Annual Members' Meeting

Come and find out how your hospital has been performing over the year. The Annual Members' Meeting is a chance for you to meet your governor representatives as well as staff from the hospital and find out everything you need to know about how your hospital is performing. It will be held at Riverside Conference Centre (Vauxhall) on Monday, 17th September 2012. We will send you an invitation nearer the time.

### Governor Opportunities

**Have you ever considered becoming a Governor of L&D?**

Elections for 2012 will start in June and notices will be displayed on our website and sent out to the membership. There are nine seats to be contested - three for each of the constituencies of Luton, Bedfordshire and Hertfordshire.

We are holding four Governor Awareness briefing sessions early this year, giving you the opportunity to find out more about the Governor roles. The session is only one and a half hours. These sessions provide you with information regarding the procedure on how to apply to be a Governor at the Luton and Dunstable Hospital.

Kindly let us know if you are interested in attending one of the sessions. Our contact details are found at the bottom of this page. If you cannot attend these briefing sessions, do not worry, they are not mandatory.

#### Contact us

The L&D Foundation Trust Membership Department

Tel: 0845 1212 127

Email: FTmembership@ldh.nhs.uk

Post: Membership Department, Luton & Dunstable Hospital NHS Foundation Trust, Lewsey Rd, Luton LU4 0DZ.

Governors can be contacted by email at [governors@ldh.nhs.uk](mailto:governors@ldh.nhs.uk) or write to the Membership Department as above.

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# Looking forward to a year of opportunity with L&D Chairman, Spencer Colvin



Welcome to the start of what we hope will be another successful year for the L&D. Since taking up my position as Chairman in 2010, I have been keen to focus on maintaining our lead in patient safety, improving our patients' experience and ensuring that staff are fully engaged and supported.

I also wanted to be sure that the L&D was ready to manage the effects of the economic downturn and to involve our clinicians in the future management of the organisation.

During 2011 we stepped up our efforts to meet these key objectives by making significant investment in emergency care, launching the Patients First programme, delivering the first phase of QIPP for better quality, innovation, prevention and productivity, and by creating new roles for our most senior clinicians as Divisional Directors to lead the hospital's Divisional Business Units.

Our Foundation Trust Governors have continued to develop a clear role as critical friends to the hospital's management team, and providing support with growing membership, offering local and commercial business knowledge and expertise, and representing the broad interests of staff, patients and the local community.

We enter 2012 with a clear vision of the future. We are committed to delivering the very best in patient care, with the best clinical knowledge and expertise available to us. We shall do this by utilising the best technology possible and above all, we shall deliver this with kindness and understanding from all of our staff.

Becoming a University Hospital will support our aim to be a centre of medical knowledge and excellence and help us maintain the highest calibre of clinical expertise.

It is crucial that we implement intelligently our Cost Improvement Programme and prepare for the inevitable challenges of a tough economic climate and even higher expectations of our services and improved facilities.

Meeting our ambitions will require a very high level of personal dedication and team accountability by our staff. We will also need the support of stakeholders and our partners in the regional health economy but I believe we have the potential to realise our aspirations and deliver on all these fronts.

## Chief Exec opens £3million Emergency Department

**"It's been an incredible journey!"**

These are the words of our Chief Exec Pauline Philip when she officially opened the L&D's refurbished Emergency Department and Emergency Assessment Unit on 20<sup>th</sup> October. Pauline paid tribute to the work of staff in the Emergency Dept and the Emergency Assessment Unit as well as colleagues elsewhere in the hospital who had worked tirelessly to help bring about the transformation which is already helping to benefit patients with shorter waiting times.

"I have no words to describe just how much hard work and commitment has come from staff in the Emergency Department to make the transformation a reality. The team have been amazing and the past year has been an incredible journey," said Pauline.

"The new Emergency Department does just what it says on the tin: it's more than an A&E unit, but deals with every aspect of emergency care."

Pauline reserved special thanks for Clinical Director Mr Mahendra Kotecha for his outstanding leadership of the department, particularly during the past year which has seen the team carry on working despite the upheaval of a major building programme happening all around them - such as drilling, noise, dust, moving in and out of temporary accommodation, all during periods of intense activity and record numbers of patients.

Mr Kotecha spoke with pride about his team who work in one of the busiest emergency departments in the region, and treat over 65,000 people each year.

He explained how the reconfiguration of emergency care speeds up patient flow across the whole hospital, enabling faster diagnosis and treatment and helping staff do their job more effectively.

Mr Kotecha thanked Pauline for her vision and leadership which stems from her many years of experience in emergency and health services



world wide. We now have six consultants "on the shop floor" compared with just two in 2000 it all adds up to an improved patient service for patients and L&D is now the most modern and best planned Emergency Department in the Eastern Region. We are also the most comfortable thanks to the air conditioning - which was a key component in the building plans!

## The picture's clear:

**Our Pregnancy Scan  
service is best in class**



Screening during pregnancy to detect Down's syndrome in the unborn baby is done by taking a Nuchal Translucency scan which was introduced at Luton and Dunstable Hospital in June 2009. Results from a national audit place the L&D as one of the top performing trusts in the country and best in class in the East of England region.

The Down's Syndrome Screening Quality Assurance Support Service (DQASS) nationally audits all Trusts that offer Nuchal Translucency screening. Congratulations to our team of sonographers who clearly take great pride in the high quality service they provide to the pregnant women in our care.



# Becoming a University Hospital



**Director of Medical Education Dr Mark Alexander is a radiologist and has been L&D's Sub Dean of Post Graduate Medical Education for several years.**

With the recent news that the L&D has been awarded full University Hospital status, Dr Alexander shares with us his thoughts as we enter an exciting new phase in striving for excellence in medical standards and education.

Becoming a University Hospital is something we recognise as a great honour and is a reflection of our ability to train medical students and turn them into skilled, hardworking and compassionate doctors.

The most important teacher in that regard is the patient. Our patients' participation in the development of medical students is fundamental to this honour. This is matched by the enthusiasm of all members of the hospital and a belief that the future of medicine, in terms of patient experience, safety and outcomes, depends on the best training and education.

Our recognition as a centre of medical learning and excellence is a tribute to the hard work of the Undergraduate Team comprising of Dr Parthipan Pillai, Lead Undergraduate Tutor, Mr Subramanian Dhinakharan, Deputy Undergraduate Tutor, Specialty Leads, Regular Teachers, Consultants, Specialist Nurses, Allied Health Professionals and Medical Education staff.

There are enormous pressures on the Trust to increase efficiency, reduce costs, and ensure more rapid care of patients, and all these things present a challenge to teaching and education of trainee doctors. The vision and aims of the Chief Executive and Trust Board to provide the very best and safest patient experience and outcomes are intimately linked to the training of our staff and have led us to aspire to this new status.

What, uniquely, we offer our undergraduate medical students, is interaction with the most diverse range of patients and diseases in the UK, the enthusiasm of our patients to engage with those students, and the support of the most experienced clinicians and trainers in a framework that allows them time to develop the trainees holistically.

We are not complacent about this new status and I will be starting a wider debate to define more clearly, amidst the intense external and internal pressures we are under, what we are as a hospital and what our future ambitions for our patients are. The training of the doctors of the future is central to achieving these ambitions.



## L&D team are Top Flu Fighters for NHS



L&D's Occupational Health Team have been so good at encouraging colleagues to get the flu jab this winter that they won a national award in the NHS for their success with the vaccination campaign. Already over 51% of doctors and 78% of support staff at Luton and Dunstable Hospital have already come forward for the flu vaccination.

This is a huge improvement against national figures for last year where the uptake nationally amongst health care workers was 35%.

The Trust's Occupational Health Team have been promoting the NHS "Flu Fighters" campaign to encourage staff to get the jab, with strong support from the L&D's directors, led by CEO Pauline Philip who all queued up for their vaccinations.

Vaccinating hospital staff is just one part of the NHS plan for preventing an outbreak of flu explains L&D's Occupational Health Manager Jennie Jones.

"The hospital depends on a healthy workforce, so staff can protect themselves by having the vaccine, which means they are not going to pass it on to their families or to vulnerable patients. My team have been really busy promoting the vaccine to all wards and departments to make sure the L&D stays as healthy as possible this winter, and we will carry on campaigning to encourage even more staff – especially our nurses and midwives to be protected from flu."

The hospital is also asking visitors help to keep flu germs out of the hospital. If you or anyone in your household is suffering from an infectious disease like diarrhoea and vomiting or flu, please stay away from the hospital until you have fully recovered and have remained well for 48 hours.

## Our Top Medical Undergraduate Administrator

At the end of each academic year University College London medical school students are given the opportunity to nominate medical administrators who have been particularly helpful to them during their studies. The medical students who train here at the L&D voted for Su Gill from the Medical Education team as a Top Administrator 2010-11.



Su is a well-known welcoming face at our Centre of Medical Education and Training (COMET) who, among

many other duties organises medical training support for students and is always ready to offer help wherever she can. It's an honour richly deserved and Su received a certificate this autumn from Professor Sir John Tooke, Vice-Provost of Health, and University College London.

# The inside picture:

## The mini camera which helps detect bowel disease and cancer

A new type of medical investigation which uses a tiny micro camera hidden in a capsule the size of a jelly bean is helping clinicians at the L&D detect a range of gastrointestinal disorders, including some cancers of the bowel.

Capsule endoscopy provides excellent images of the entire small intestine using a pill-sized, video imaging, wireless capsule that is swallowed by the patient without any need for anaesthetic or sedation. Each capsule contains a camera, light, batteries and a transmitter.

During the procedure the patient can move freely around and can even go off to work for the day while the tiny camera does its job. The colour images are recorded onto a data-recording belt worn around the patient's waist. Capsule endoscopy is still quite new in the NHS and is performed by only a handful of trusts in this region. Dr Matthew Johnson, Consultant Gastroenterologist at L&D explains:

"Around 5% of all bowel cancers affect the small bowel, and now, with capsule endoscopy, we are able to get high-resolution imaging of approximately eight metres of bowel which cannot be seen using the more widely available colonoscopy. Complete endoscopic examination of the small intestine has not been possible until now.

"Capsule endoscopy allows clinicians to investigate patients with known or suspected gastroenterological disorders, such as Crohn's, ulcerative colitis and bowel cancers. It is very exciting to be able to offer this new procedure which is convenient, comfortable and effective, and will benefit 80-100 of our patients every year."



### Capsule endoscopy: the benefits

- the capsule is small and easily swallowed
- it is painless and sedation free during the procedure
- the patient can relax in comfort and walk about
- exposure to potentially harmful radiation does not occur
- additional investigations can often be avoided
- patients go home later the same day

## New Urgent GP Clinic starts at L&D



In December 2011 the L&D opened a new Urgent GP Clinic based at the hospital. The Urgent GP Clinic is run by GPs, and functions just like a normal GP surgery.

### What are the opening hours?

Initially from 6.30pm – midnight Monday – Thursday and 7am – 11pm Friday, Saturday, Sunday and Bank Holidays. In spring, it is planned to extend opening times to 7.00am – 11.00pm seven days a week. Outside these times patients should go to A&E.

### Where is the clinic situated?

It is based in a newly refurbished area near the front of the hospital called Zone F. There are new green signs to direct patients to the Urgent GP Clinic.

### Who can use the Urgent GP Clinic?

- ✓ People who arrive via A&E but when triaged are found to have just a minor illness
- ✓ People who turn up at the Urgent GP Clinic and do not require hospital treatment
- ✓ Patients who are not registered with a GP
- ✓ Anyone arriving who needs to see a GP- you don't need to be a Luton resident
- ✓ Even if you are registered with another GP, you can still be seen.

### What treatment will the Urgent GP Clinic provide?

The same service as you would normally expect from a GP surgery. All patients arriving at A&E or at the Urgent GP Clinic will be clinically

assessed first (triaged) to determine what is the most appropriate care. Patients with the most urgent clinical need may be seen ahead of others who are less unwell.

### Where are the GPs from?

The Urgent GP Clinic will be run by Local Healthcare Solutions (LHS) who are a group of local GPs who also run the Luton Walk In Centre. They have significant experience of running this type of service.

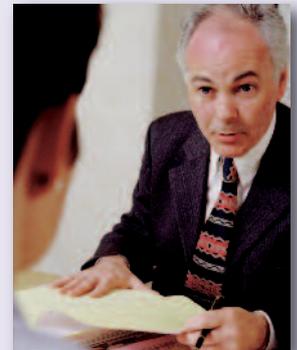
### What if a patient needs hospital care?

Patients will be referred if hospital care is required to speciality teams or the Emergency Assessment Unit at L&D. Any patient arriving at the hospital by emergency ambulance will be treated in A&E.

With numbers of patients attending A&E on the increase the new Urgent GP Clinic will enable the L&D emergency team focus on those patients who need urgent treatment which only a hospital can provide.

### What about the GP Out of Hours service?

Patients registered with **Luton GPs** can access the GP Out of Hours service by calling **111**. Patients registered with **South and Mid Bedfordshire GPs** should call **0345 6025695**.



## Healthier Together – We need to change

The L&D is participating in the South East Midlands Acute Service Review (ASR) that aims to improve quality and outcomes for patients and ensure that the health system across the South East Midlands is in a position to face a set of significant challenges in the near future.

The initial phase of the Review indicated that there is strong support from all twelve partners (including the L&D) to take forward this ambitious Review.

Clinical working groups, which will include patient representatives, will now be established to develop proposals for change over the coming months ahead of a public consultation in 2012. There are six groups; Emergency care, Planned care, Long term conditions, Cancer, Maternity and Children

If you would like to be involved in any of these groups please contact the Programme Management Office on: 01908 278660 or e-mail: [louise.chaffey@miltonkeynes.nhs.uk](mailto:louise.chaffey@miltonkeynes.nhs.uk)

# MBE for L&D Governor Cheryl Smart



Congratulations to Bedfordshire Chamber of Commerce Chief Executive, Cheryl Smart who also is an L&D Governor and was rewarded for over 25 years of service to business with an MBE in the Queen's Birthday Honours.

Cheryl has been with the Chamber for over a quarter of a century, witnessing a number of changes, as the organisation has responded to the current business, political and economic conditions.

Cheryl came to the Chamber from a local exporting company, and soon launched a series of international trade missions. Over the years, she has been involved in virtually every part of the Chamber's work, making her an obvious choice when the Chamber needed a new Chief Executive. Staff at the Chamber were delighted to learn of Cheryl's honour.

Cheryl is proud to be a Lutonian and recently researched her family history, discovering strong roots in the town. Her great grandfather played for the fledgling Luton Town Football Club while other ancestors were involved in the hat industry.

"Once I got over the initial shock, I felt really proud that I was being recognised in this way. The news has had a wonderful reception from family, friends and colleagues without whom I would not be where I am now. I feel this award is as much for them as for me."

Cheryl is immensely proud of the community she serves, praising local businesses for their innovative approach.

"I'm a Lutonian born and bred and come from very humble beginnings. I didn't go to university and everything I've achieved has been in the workplace through a determination to succeed and sheer hard graft. As the first female Chief Executive of the Chamber in its 131 year history, I hope that I can be a role model for others - men and women - who don't want to take the academic route but know they have what it takes to succeed in business."

## Help for carers in Luton



The Luton Carers' Centre is based in the Voluntary Action building at 15 New Bedford Road Luton staffed by a small part time group of staff and volunteers who are here to help. Being a carer can be demanding and at times, emotionally draining, but it's an honourable role and one many people do without being asked or given recognition.

Staff at the Carers' Centre will listen and offer support at the difficult times and are not shocked when carers sound exhausted. It is sometimes easier to talk to someone outside the family network. There are drop-in sessions at locations around the town and regular phone support and events for carers are also arranged.

The centre's newsletter is full of information and ideas that might make life simpler and they can help carers find organisations which are able to give direct help. Just as importantly, the team can make sure that carers' needs and views are fed back to the local authority and health services.

And if you know of a young person who is a carer, there is a special service to meet their needs too - just get in touch with Dorothy Blackhall.

If you would like to contact us, call 01582 435195 or email [Dorothy.blackhall@family-action.org.uk](mailto:Dorothy.blackhall@family-action.org.uk) [Annette.wilson@family-action.org.uk](mailto:Annette.wilson@family-action.org.uk)

## Governors' spotlight



### Reaching out:

There have been several community events in Luton and Dunstable during summer. Many L&D Governors have been going along to help promote the benefits of joining the L&D as a Foundation Trust member. The events and festivals attended were High Town event, Biscot festival, Farley festival, Dallow Primary, South festival and Saints festival. The governors also engaged with the patients at their surgeries. The surgeries attended were Sundon Park Surgery, Edlesborough Surgery and Medici Medical Practice. The governors of the Membership & Communications Sub-Committee visited schools, colleges and university in order to seek support in involving the students in the community to shape the health care services. They are St Albans Girls' School, Barnfield West Academy, Luton Sixth Form College and University of Bedfordshire.

There will be a session on Friday 16 March 2012 where there will be an opportunity to hear how the hospital is seeking to meet your needs and to put questions to the Hospital Chair, Spencer Colvin, two hospital Consultants and local hospital Governors. The session will start at 7pm at Wheathampstead Memorial Hall in Marford Road.

## Fairer parking charges at L&D



Parking charges for our hospital patients and visitors have been revised, and the new tariffs which came into effect on 3 January represent better value for the majority of our car park users.

The new price structure followed a full review of travel and parking arrangements involving the Council of Governors who represent 13,000 local community members of the L&D.

The L&D Trust Board has responded to the views of patients and Governors and parking charges for the average visitor have been significantly reduced.

As well as revising the pricing structure the hospital will continue to provide free drop-off

zones in three locations around the hospital. These are outside the main entrance, outside the maternity block and in the pull-in area opposite the Social Club

A wide range of parking concessions are available for patients who are critically ill, women coming to give birth, or to those who those need to make frequent visits, such as renal dialysis patients, parents of very sick babies and children or cancer patients.

# Patient Experience Seminar

In November 2011, the Trust held its seventh annual Patient Experience Seminar. The audience included the Chief Executive and Chairman as well as Directors, Consultants and senior staff from across the hospital. There were also representatives from Luton LINKs, Bedfordshire LINKs, NHS Luton, Luton Carers' Centre, Advocacy Alliance and from a number hospital user groups.

Karen Ward, Director of Operations gave a presentation about the Patients First Pathfinder groups that help to identify any improvements that can be made in service provided. Two recent examples of improvements include:

A&E reception: patients are greeted with a smile, the glass barrier has been removed, TV screens have been installed and all receptionists have smart new uniforms.

Cardiology reviewed their service with the help of the patients and have set some new standards: never being too busy to care, be respectful, listen to patients, give them all the information they need, arrange appointments that are convenient for the patient. They are also ensuring that the department employs people with the clinical experience necessary to fulfil the role as well as appropriate skills and work ethics.

The seminar also heard about the views of staff when carrying out their role learning about the experience of carers from Roger Deards, the father of a young man with many disabilities.

Roger was very happy to report that the L&D has done a great deal of work to improve the care of patients with disabilities, in particular the useful "All About Me" information folder that is now used.

## The Patients First Group



Are you interested in applying to become a lay member of the Patients First Group for a period of six months? The Patients First group will be made up of staff members and public and will meet every six weeks. The purpose of the group is to support the work being carried out in the Trust to improve patient care and service. We need people with a range of views and skills who can contribute to generating ideas, implementing change and monitoring progress. If you would like to know more about being considered for this role please make contact at [FTMembership@ldh.nhs.uk](mailto:FTMembership@ldh.nhs.uk), or by calling us on 01582 718333 or by writing to FT Membership Department, Trust Office, Luton & Dunstable Hospital, NHS Foundation Trust, Lewsey Road, Luton LU4 0DZ.

## Smile

# WELCOME

At a gala dinner for the Luton Community Awards run by the Barham Group, former L&D Governor and retired consultant, Dr T Rasamuttiah, known affectionately as Dr Ras, won the *Service With a Smile* category. The judging panel included local MPs, Leader of Luton Borough Council, former L&D Board member, Hazel Simmons, and Chairman of NHS Luton Gurch Randhawa. Dr Ras is a tireless supporter of L&D and the local community - here are just some of his achievements:

- Supporter of Luton in Harmony, representing the town at many events
- Helped lead a team of L&D staff and friends restore a school in Sri Lanka in the aftermath of the tsunami. It was truly humbling to witness the dedication, energy and diplomacy of this kind man.
- Was elected in 2006 as one of the first FT Governors of the L&D and worked to promote public awareness and recruit members.
- Chairman of the local NHS Retirement Fellowship.
- Led negotiations to re-route buses to enable patients and visitors to travel to the L&D more conveniently.

L&D Midwife, Pat Easton was also nominated and short-listed for a Community Award for services to women and their babies.

All proceeds from the awards ceremony were donated to our NICU Appeal.



*Winner of the Luton Smile Award Dr Ras created a welcoming smile for a Sri Lankan girls' orphanage as part of the L&D's tsunami relief team in September 2005*

## Breast Cancer Clinical Trials



The Clinical Trial Team at the L&D is involved in running many trials designed to improve treatment and survival from cancer. The Breast Cancer Multidisciplinary Team sees trials as an integral part of standard care and feels that offering a trial to a patient can give them an additional choice in the treatment they receive.

One of the current national trials, Persephone, is recruiting particularly well at the L&D, and the hospital is now the sixth highest recruiter in the country. This trial looks at the optimum duration of the



drug Herceptin which is currently given to patients with a type of early breast cancer called Her2+ for 12 months. Herceptin has certainly proved to be a major advance but there is now growing evidence to suggest that a shorter duration of the drug may have the same clinical effect.

Patients who choose to enter this trial are randomly chosen to receive six or 12 months of Herceptin treatment, and if six months proves to be as effective in reducing recurrences as 12 months, with fewer side effects, then this will be a major benefit to future patients.

Luton patients also took part in the pioneering trial, HERA a few years ago, which proved that herceptin can reduce the risk of a breast cancer recurrence by almost 50%.

Louise Rivett, Senior Trials Nurse, works with Dr Mei-Lin Ah-See, Oncology Consultant and Mr Ravichandran, Breast Surgeon and she explains, "Patients view participation in a clinical trial as a positive experience which may potentially offer them access to newer drugs. Being part of a trial can also give patients a sense of satisfaction that they are helping to shape treatments of the future."

# Fundraising News

## On Your Marks

The L&D teamed up with Boxfit and the Herald and Post Newspaper to organise a 10km, 5km and 2km family fun run this October. The atmosphere on the day was fantastic with nearly 300 runners taking part who have raised over £11,000 in sponsorship!

The race was supported by local running clubs, friends of the Hospital, former NICU babies, L&D staff and there was even an 8-week-old baby who spent the first three weeks of his life in NICU.

Darren Deed, 10km race winner, finished in 30 minutes 33 seconds and knows first hand the amazing work that the NICU team does after they treated his very sick baby a few years ago. "I have always wanted to do something to say thank you and this race has given me that chance. We will never forget NICU."



*Dates for your diary*

Concert at St Georges for the Cardiac Appeal, Harpenden~ tickets £4~ Tuesday 13th March

Quiz for Cardiac Centre Appeal, L&D Social Club ~ Thursday 19th April ~ tickets £10 including supper

Harpenden Film Society Charity film screening~ Thursday 17th May ~ tickets £5

Charity Golf Day~ Friday 21st September

## Sing it Back

When a former cancer patient asked if Rock Chorus could hold a concert for us we had no idea what an event it would turn into! With stars including Mungo Jerry and Alvin Stardust, the *Sing it Back* concert was a huge hit filling the Dunstable Conference Centre with over 700 people and raising £13,000 for our Macmillan Cancer Unit.



## Cardiac catch up

The Hospital has invested £5 million to build and equip the new Cardiac Centre and Catheterisation Laboratory and we need to raise additional funds to buy extra equipment and make enhancements to the new Centre making it better for patients and their families. **Thanks to our supporters £21,000 has been raised already!**

The Cardiac Centre Appeal is in full swing and people have been doing all sorts of help raise money so if you want to get involved or find out more please contact the Fundraising Team on 01582 718 043.

## Do something extraordinary on your extra day

2012 is a leap year so we all have an 'extra day' on Wednesday 29th February so why not use the day to support the L&D's fundraising efforts. For more information on Challenge Extraordinaire visit our website.



## NICU next steps

Phase one of the NICU Appeal was completed some months ago and we have broken the £500,000 mark which is fantastic news!

The next step is to raise £200,000 to build overnight parents' accommodation for families who have an extremely ill baby on the unit or up in the children's ward. Having this type of facility will make such a difference to a family's experience when their baby is in hospital.

## Sign up to the gift of life in 2012



Join the NHS Organ Donor Register: if the unthinkable happened, you could save or enhance nine other lives.

Would you take an organ if you needed one? Nearly everyone would, but only 29% of us have joined the Organ Donor Register. More than 10,000 people in the UK currently need a transplant. Of these, 1,000 each year - that's three a day - die waiting because there are not enough organs available. By offering to become an organ donor you could save or enhance as many as nine lives.

**Registering on the NHS Organ Donor Register is easy to do.**

**Here is how:**

- Fill in a form online: [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk)
- Call the NHS Donor Line on 0300 123 23 23 (Lines are open 24 hours a day all year round. Calls are charged at your contracted rate for local calls)
- Text SAVE to 84118

We especially need more people from Black and Asian communities to sign up to the NHS Organ Donor Register. Black and Asian people needing a transplant have to wait three times longer for a suitable organ than those from the general population and they are more likely to need a kidney transplant because of the health problems associated with diabetes.

