

MAY 2016

Royal Free London



NHS Foundation Trust

Members' newsletter

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Welcome to the Royal Free London members' newsletter, your monthly update on developments and events at the trust. A PDF version of this newsletter is available on our [website](#)

1. Medicine for members – 29 June 2016

The next [medicine for members event on is on](#) Wednesday 29 June 2016. This is the highly anticipated talk from Dr Michael Jacobs about the Royal Free London's High Level Isolation Unit (HLIU). Dr Jacobs, infectious diseases consultant, is the lead clinician in the treatment of Ebola patients. He was among three staff members to be recognised in the Queen's New Year's Honours for 2016. The HLIU is a specialist unit for the treatment of dangerous infectious diseases.

This talk is very close to full capacity, please [contact the membership office](#) to enquire about a place.

You can keep up to date with upcoming events on our [website](#) as well as being able to view previous talks and read the feedback from specific events. If you have any specific topics you would like to see featured in the medicine for members lecture series [please do get in touch](#).

2. Annual members' meeting – 20 July 2016

Please save the date - **Wednesday 20 July** - to come along to the Royal Free London's next annual members' meeting. The trust's annual report and accounts for the year ended 31 March 2016 will be presented and you will get the chance to find out about the trust's performance for the past year and the latest developments. There will be the opportunity to browse display stands and speak to staff, who will be showcasing their activities and achievements. The event will end with a question and answer session where you will be able to share your views with governors and members of the trust board. Look out for further details about this event nearer the date.

3. Dementia awareness week 15-21 May 2016

To help celebrate dementia awareness week, the trust's dementia lead, Danielle Wilde, gave an extremely informative and inspirational presentation at the medicine for members' event on 19 May. She spoke about her visit to the world's first dementia village, De Hogeweyk, in Amsterdam and what the trust is doing to



create dementia-friendly environments. Over 100 people attended the event, which was hosted by Frances Blunden, one of the trust's patient elected governors.

Also as part of our work to help patients with dementia we are asking people to 'knit for dementia'. Patients with dementia often have restless hands and like to have something to keep their hands occupied.

Twiddlemuffs - knitted muffs with items such as buttons, zips and beads attached to them so that a patient with dementia can twiddle in their hands - provide a wonderful source of visual, tactile and sensory stimulation and at the same time keep hands snug and warm.

We are looking for local knitters to knit the simple twiddlemuff pattern. The muffs will then be available to patients on our elderly care wards. Read more [here](#)

4. Web Chat – Fabry and the family web chat

Lysosomal storage disorders (LSDs) are a group of rare inherited disorders, including Fabry disease, in which there is abnormal storage of large chemical molecules in various organ systems in the body.

[Dr Derralyn Hughes](#), clinical director of haematology and oncology, and [Dr Uma Ramaswami](#), consultant paediatrician in inherited metabolic disorders, will be answering your questions on Fabry and the family from **6 -7pm on Thursday 2 June 2016**.

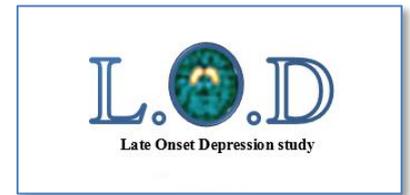
To participate in the web chat, please use this [link](#) at 6pm on Thursday 2 June. If you would like to submit a question in advance, please email rf.communications@nhs.net with 'Fabry and the family web chat' in the subject line.

5. Anorexia: A boy in a girl's world

Radio One's Newsbeat news programme has been spending time in the Royal Free Hospital's child and adolescent mental health service (CAMHS) looking at the issues around young people with eating disorders. A short documentary, 'Anorexia: A boy in a girl's world' ([now available on iPlayer](#)), explores in more detail the unique way in which the staff at CAMHS cares for young people living with a condition that is much misunderstood but is so serious that it carries the highest adolescent mortality rate of any psychological disorder.



6. Late Onset Depression Brain imaging study



We are looking for two groups of **MALE and FEMALE** volunteers to assist with a new study looking into depression in the over 55s. If you fit **either** group criteria we'd like to hear from you.

Group 1:

- If you have only experienced symptoms of depression after the age of 55

Group 2:

- If you have *never* experienced symptoms of depression before or after the age of 55

The purpose of this study, organised by the department of Clinical Neurosciences, is to look into neural pathways in the brain of older people with depression, helping us to better understand the causes of late onset depression. The study will contribute to more effective treatments in the future.

If you are interested in taking part or would like to find out more please contact Hiba Kazmi on 07984499967 or email hiba.kazmi.14@ucl.ac.uk.

By contacting us to discuss the study you are in no way committing yourself to participate and can hear about what the research involves and whether it is something you would like to be involved with.

Lunch and travel expenses will be reimbursed.

7. Participants needed for vision study

The UCL clinical neurosciences department is conducting a study into how vision and perception may change in people with Parkinson's disease, and are looking for healthy volunteers to take part.

Am I eligible to take part?

We are looking for individuals who:

- are between 40-70 years old
- are fluent or native speakers of English
- have no history of any neurological disorders or eye disease.
-

Read more [here](#)

8. Patient-led assessments of the care environment (PLACE)

During May, a mix of patient representatives, governors, representatives from the Department of Health and external assessors took part in the trust's annual PLACE self-assessments. The purpose of the PLACE assessments is to assess the organisation's three hospitals against a range of environmental standards. It aims to ensure that patient and public voices play a significant role in identifying service improvements year-on-year. PLACE is all about assessing and reporting what matters to patients and public to improve the patient experience.

The results of the PLACE assessments will be published nationally in August 2016 and are also shared with the Care Quality Commission which uses this information in their routine monitoring of the trust's compliance with the essential standards of quality and safety and to inform any subsequent inspection of relevant standards.

9. New two-in-one lung cancer procedure

Patients with small lung cancers who are not fit enough for an operation are undergoing a new two-in-one procedure which can test for and destroy cancer cells in one sitting, without the need for surgery. The lung biopsy, combined with radiofrequency ablation (RFA) therapy, is being offered to patients at Barnet Hospital. [Read more here](#)



10. Exercise classes delivered by Spurs at Chase Farm Hospital

Tottenham Hotspur is providing weekly exercise classes for recovering cancer patients at Chase Farm Hospital to help improve their health.



The classes are an extension of the Macmillan after cancer exercise (ACE) scheme, a 12-week exercise programme, delivered by the Tottenham Hotspur Foundation. [Read more here.](#)

11. Friends and family test

The NHS friends and family test (FFT) was introduced in 2013 to allow patients to provide feedback on their care and treatment to enable hospitals and other providers to improve services. It asks patients whether they would recommend hospital wards, A&E departments and maternity services to their friends and family if they needed similar care or treatment.

Click [here](#) for the latest results.

12. Feedback of the week

We regularly receive encouraging feedback regarding services at our trust, via patient letters, NHS Choices or Patient Opinion reviews and our social media accounts, such as our official Twitter account [@RoyalFreeNHS](#) and our [Facebook page](#).

[Take a look at the latest feedback.](#)

13. Local Healthwatch networks

At the Royal Free London NHS Foundation Trust we are committed to working with our NHS partners, such as local Healthwatch networks which collect and represent the views of hospital patients. We use the information gathered by Healthwatch to improve our services. Browse the links below to find out more about Healthwatch and what is happening in your area.

[How does Healthwatch help improve my healthcare?](#)

[Read the latest news from Barnet Healthwatch](#)

[Read the latest news from Camden Healthwatch](#)

[Read the latest news from Enfield Healthwatch](#)

[Read the latest news from Hertfordshire Healthwatch](#)

Membership

Do encourage your friends and family to become members. You can become a member of the Royal Free London as long as you live in England. [Sign up as a member for free!](#)

By becoming a member you will:

- receive [monthly members' newsletters](#)
- be invited to [medicine for members events](#)
- be invited to the [annual members' meeting](#)
- elect a [council of governors](#) to represent your interests
- be able to [stand for election](#) as a governor of the trust
- receive [discounts for NHS members](#) for many shops and brands

You can be involved as much or as little as you like – it's up to you!

Membership for staff

If you are a permanent or contracted member of staff, you automatically become a member of the trust and therefore **do not have to complete** the online form. If you are working on the bank or are a volunteer at any of our hospitals, you will need to [sign up online](#).

Update your details

The recent cancellation of a fully booked Medicine for members' event highlighted the importance of the membership office holding up to date contact details. Please let us know if any of your contact details have changed.

Contact

You can contact the membership office with any queries about membership or this newsletter. Please email rf.membership@nhs.net or telephone 020 3758 2118.

Unsubscribe

We hope that you find these updates interesting. However, if you do not wish to receive further monthly updates from the Royal Free London please [email us](#).