

Our news

Refurbishing the neonatal unit

Kingston Hospital's neonatal unit has recently completed the upgrade to its parent facilities. These areas are an integral part of the unit, as parents can often stay 16 to 18 hours a day with their baby.



The hospital's neonatal unit was one of only a few in the country that continued to support 24/7 visiting for both parents during the COVID-19 pandemic. This further emphasised the pressing need to modernise these areas, so parents could eat, drink and rest on the unit, minimising contact with those outside.

Matron Marie Richter is delighted with the results of the refurbishment and said:

“Our neonatal unit is now so much better having modernised the parents’ facilities and made more efficient use of the space, so we can accommodate more parents, when we are busy.

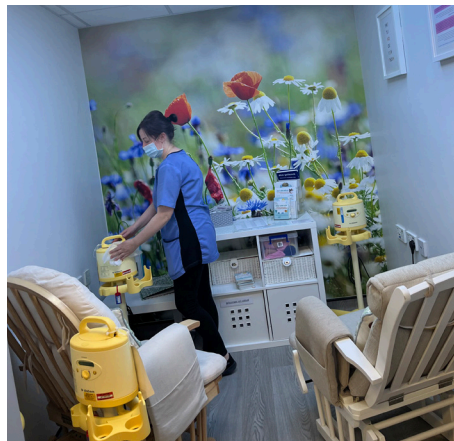
The lounge is now equipped with a kitchen area that incorporates a microwave, fridge and coffee machine. The expressing room provides a bright and yet private space for mums to concentrate on producing enough milk

for their babies if they don't wish to express at the bedside.

The biggest transformation has been the parents' bedroom, which is now located inside the unit and includes a shower and WC next door. The room is also large enough to accommodate a second pull-out bed, so both parents can stay, which is important as we seek to provide family centred care.

Moving the bedroom has also provided the space for a staff room outside the unit, so colleagues can grab a coffee, have a meal and enjoy some downtime.

Everyone who works on the unit is so thrilled with what we now have. We are so grateful to all who have contributed, as we want our parents to enjoy modern facilities and a calm environment that helps to make



The new expressing room

them feel more at ease in a homely environment. We are now looking forward to seeing the second phase, comprising the nurseries, offices and reception successfully completed.”

Supporting non-medical staff development

During the 2021-22 financial year, the hospital's Funding Review Panel with Kingston Hospital Charity's support, approved applications from 22 staff to undertake professional development. These are hospital staff who fall outside of the continued professional development criteria or whose course is not available as an apprenticeship and typically include clinical assistants, pharmacists, and non-clinical staff. Applications were received from individuals in a range of different departments, including audiology, radiology, dietetics, orthopaedics and physiotherapy.

Professional development contributes to providing high-quality care and services by enhancing knowledge and skills needed to deliver a professional service. Training and development also helps to increase an employee's confidence within their role.

It also shows they are valued, increasing levels of job satisfaction, while improving recruitment and retention.

One of the staff to have benefitted is Sarah Jones, who is a pharmacist specialising in



Sarah Jones

antimicrobials. Antimicrobials includes all anti-infective therapies, such as antiviral, antifungal, antibacterial and antiparasitic medicines. Antimicrobial resistance is one of the greatest threats facing humanity and is a global concern. As such, one of Sarah's key responsibilities is to promote and monitor judicious use of antimicrobials to help preserve their future effectiveness, which is known as antimicrobial stewardship, a crucial programme for Kingston Hospital.

Sarah is also a member of the Outpatient Parenteral Antimicrobial Therapy (OPAT) team. OPAT is a service that allows patients to leave hospital early to continue their recovery in the comfort of their own home, while receiving injection antibiotics to treat their infection.

Sarah explained:

“Thanks to the support of Kingston Hospital Charity, I’ve recently had the wonderful opportunity to undertake further professional training to qualify as a pharmacist independent prescriber. Developing my clinical examination and patient consultation skills considerably has helped me bring my knowledge from pharmacology and therapeutics to help make evidence-based, clinical decisions for patients under my care. Pharmacist independent prescribers are responsible and accountable for the assessment of patients with undiagnosed/diagnosed conditions, including decisions regarding their clinical management and prescribing treatment. Pharmacist independent prescribers can prescribe any medicine for any medical condition within their competence. Qualifying as a pharmacist independent prescriber will enhance my role within the microbiology team, as it strives to provide high-quality clinical care for patients admitted to Kingston Hospital or discharged under the care of our OPAT service, in my chosen area of competence, which is skin/soft tissue and bone/joint infections.

This qualification will allow me to perform patient facing clinical assessments and optimise antimicrobial prescriptions. This will help protect and promote the health, safety, and wellbeing of patients, making them more resilient to infections, while helping streamline and improve patient care at Kingston Hospital.”

Maternity unit bereavement support

After the successful introduction of the maternity unit's bereavement support service in September 2019, Kingston Hospital Charity has committed further funding to maintain this crucial service for at least a further 12 months.

Balvinder Reehal, Screening and Bereavement Lead, explains:

"This bereavement counselling is being provided by a specialist psychologist for those women who have had a fetal loss. This loss may be a late miscarriage, after 18 weeks of pregnancy, a termination of pregnancy for a fetal abnormality or a still birth.

The sessions provide a confidential and supportive space for families to process grief and to tackle the anxiety which so often accompanies grief, especially for those who continue to try having a baby. They typically take place over a number of months to support families during the acute grief period. For some that may not be at the time of loss but many months or possibly a year or two later.

The support provided has been widely appreciated. Of those who completed an evaluation, 91.7% felt it had helped and 91.6% would recommend it for others in a similar position.

I believe that this is an essential service for women, and their partners, who have had a loss of a very wanted pregnancy, so I am delighted that Kingston Hospital Charity is continuing to support it. Much of the monies raised



Specialist psychologist Erin Thompson

to get this service going was down to the fundraising efforts of colleagues in maternity. As such, I am looking forward to taking part in 'Night To Remember' on the evening of Saturday 10 September and will be encouraging some of the affected families to join me. You can read more about this memory walk on page 8 of this newsletter."

Paediatric garden renovation

The paediatric garden is undergoing extensive works this spring to create an outdoor space that caters for all the children and young people on Sunshine and Dolphin wards, as well as the patients' parents or carers and our staff.

Having consulted extensively, the aim is to deliver an outdoor space that is safe and stimulating, as well as offering a calming escape away from the frenetic ward environment. To achieve this, the garden is to incorporate a new surface of half artificial grass and playground safety overlay, which is suitable for all patients - babies, special needs children, those being treated for cancer and teenagers. It will also include a large glass canopy offering sun and all-weather protection, while providing cosy corners to relax and unwind in. Children will also be able to participate in messy play with sand, water and a mud kitchen, and there will be space for patients to plant some flowers and vegetables and help to care for them on their visits. Parents and teenagers will also be able to relax in a quieter covered area, which will also provide a space for staff to meet on stressful days.

The garden will be an interchangeable area where children can play freely, and it can be adapted for every child and young person, even if they are bedridden or in a wheelchair. It will also be a space for our mental health patients, so they can feel

relaxed and calm in a non-clinical setting, allowing them to access a wellbeing space during their crisis points, while they are staying in hospital.

It will also afford a safe space for long term patients and a chance for children with palliative conditions to create precious memories and have family time with siblings and other family members.

Paul, father of Ava aged four, explained:

"As a parent of a child with cancer, we are regular visitors to Sunshine Ward. Having a space where my daughter can play safely in the fresh air and enjoy outdoor activities will be invaluable and make her stay a positive, enjoyable experience."

One of the play specialists for Sunshine and Dolphin Ward, Julie Morris said:

"The garden upgrade will be so beneficial to the children's recovery, by having access to fresh air and an escape from the ward, where they can play and have fun. The teenagers also need a calming space as they can really struggle in a busy ward. We are so grateful to Kingston Hospital Charity and those who have generously contributed to this project and we can't wait to see the garden completed and benefiting all the children and young people we look after."



The garden being cleared

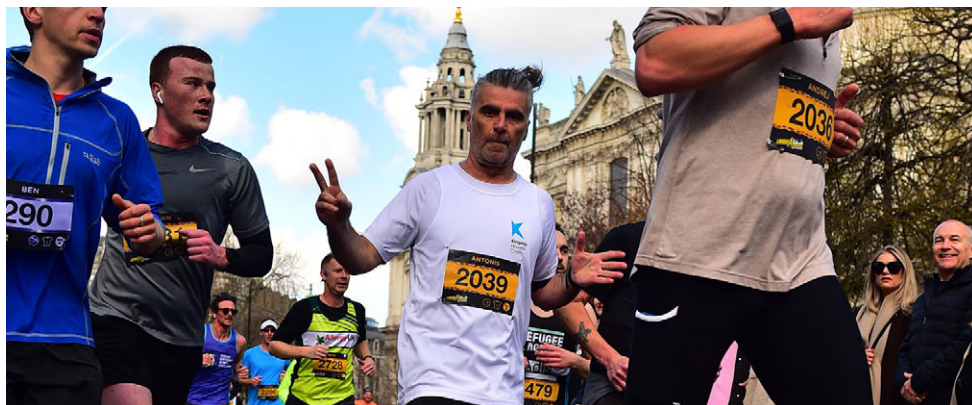
Kingston Hospital's own Dragons' Den

Kingston Hospital Charity has provided funding for Kingston Hospital's very own Dragons' Den. In line with its 'inspiring' value, Kingston Hospital's version of the Dragons' Den will encourage staff to apply for funding to implement an innovation or improvement idea within their department.

The aim of this new programme is to support the development of initiatives that staff themselves think could be introduced to improve patient care and experience. It is designed to empower staff, inspire improvement and drive innovation at every level to support patient care, and staff

development and wellbeing. The application criteria will link back to Kingston Hospital's values and objectives of the Patient First Strategy, which includes delivering outstanding care and putting the patient first in everything we do.

Taking on the London Landmarks Half Marathon



Charlotte Jackson, a paediatric consultant at Kingston Hospital, and her twin sister, Louise, were among our team of eleven runners who took part in this year's London Landmarks Half Marathon on Sunday 3 April, helping to raise over £16,250.

Neither had ever run further than 5km previously and both decided that competing in a half marathon would be a great way to celebrate their 40th birthdays.



Charlotte, Louise and Serge

Charlotte said:

“This year’s London Landmarks Half Marathon was scheduled to take place exactly five years after being diagnosed with breast cancer and I will forever be grateful to the amazing staff at Kingston Hospital who cared for me.

I am also very lucky to work in the paediatric and neonatal units with fantastic colleagues who work so hard to provide the best care possible for our local community. This can’t be achieved with NHS funding alone and so I see, first-hand, what a difference this extra support makes.”

The former leader of Richmond Borough Council and former chairman of Kingston Hospital NHS Foundation Trust, Serge Lourie was another member of the team.

Serge explained:

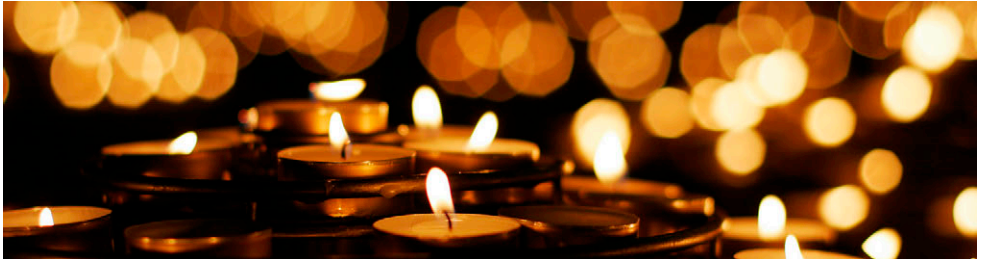
“I was keen to take on the London Landmarks Half Marathon, after being

hit hard with COVID-19 during the first wave back in March 2020. I spent three days in Kingston Hospital’s intensive care, before being moved to Blyth Ward for a further seven days, where the care was amazing, despite the hospital being under intense pressure. I’m convinced the staff saved my life and so I was delighted to have the opportunity to show my thanks and appreciation by taking on this half marathon.”

Our thanks to all our eleven runners for taking part and ensuring this year’s half marathon was such a success.

The London Landmarks Half Marathon is a closed road, central London run and is the only half marathon to go through both the City of London and City of Westminster. Next year’s event takes place on Sunday 2 April. If you would like to take part in support of Kingston Hospital Charity, please contact Tracey for a chat on **020 8973 5041**.

Dying Matters



Dying Matters Awareness Week, which took place from 2 to 6 May this year, seeks to encourage people to talk more openly about dying, death and bereavement, and to make plans for the end of life.

This important national campaign seemed the ideal time for us to launch two significant initiatives:

Making or updating your will for free

A will is a legal document and ensures that the people and the causes that are important to you are provided for in the ways that you want. Without a will the law decides who inherits your money and possessions and it can take much longer and cost more to sort out.

We have recently launched a free will-writing service with Guardian Angel, so that we can offer you an opportunity to write or update a simple will for free. There is no obligation to leave a gift to Kingston Hospital Charity when using this service, but, after taking care of loved ones, any gift you do decide to make will be greatly appreciated.

While increasing numbers of people are choosing to make or update their will online, you can also arrange this over the phone or face-to-face. For further information, please visit our website at **www.khc.org.uk/support-us/leave-a-gift-in-your-will/**.

Alternatively, if you would prefer to use a local solicitor, we have partnered with Lodge Brothers Legal Services to write your will for free. Email **r.aldous@nhs.net** or call **020 8973 5042** to find out more.



Join us on Saturday 10 September at Night To Remember, our first ever memory walk and remember those that are no longer here, as you walk through the night. With one long and one short route to choose from, this event offers a means for family and friends to raise money in memory of a special person, while helping us to expand the support we offer our bereaved families at Kingston Hospital.

For more details, visit **www.khc.org.uk/events/nighttoremember** or call Tracey on **020 8973 5041**.

Thank you

As always, we'd like to thank the many supporters who have been active over the last few months in support of Kingston Hospital Charity. We are very grateful to each and every one of you, regardless of whether we've been able to acknowledge you below. Thank you so much!

Richmond Golf Club Captain, Tamsin Loke, and the members who raised an incredible £107,700 for our neonatal fund, Born Too Soon.

11 staff from Kingston Hospital's Royal Eye Unit who took part in the Kingston Spring Raceday to help raise the money needed to purchase an additional slit lamp.



Tiffin School, Hinchley Wood Primary School, Dysart School, 2nd Teddington Beavers and Southfields Academy who took part in our Christmas Jumper campaign and raised over £5,000.

The **children at Parkhill School** who successfully completed a virtual climb of Mount Everest at the Excel Walton climbing wall, raising over £1,600.



Quicksilver Running for nominating Kingston Hospital Charity as its charity partner for the Hampton Court Half Marathon, its flagship event.



Members of Nuffield Health Kingston, Don Local Action Group and Montezuma's Kingston for donating hundreds of Easter eggs for all the children being cared for at the hospital and our staff.



Our spring appeal



We are very grateful to all who generously contributed last Christmas to help develop tranquil spaces on our two surgical wards and one of our care of the elderly wards.

We are now working with colleagues to secure funding for a number of projects including two which we hope you may be able to help us with, as follows:

Falls prevention - funding is being sought to purchase bathroom falls alarms and stealth falls mats to augment the other preventative measures that our colleagues have put in place to mitigate the risks and reduce the number of falls while in hospital. Recent data indicates about 13% of falls occur whilst in the toilet or coming out of it without calling or waiting for assistance, while approximately 33% are from the bed or chair.

By acquiring bathroom falls alarms and stealth mats for the beds and chairs, staff will be alerted when the patient moves so that they can provide assistance to those most at risk. By doing so, we can further mitigate the risks of our elderly and frail patients from taking a fall, as no

one wants to be in hospital any longer than is necessary.

We would like to purchase 130 bathroom falls alarms and 74 stealth falls mats for the adult inpatient wards and emergency department at a cost of £20,000. Each bathroom alarms costs £70 while a stealth chair mat costs £130 and a stealth bed mat £160.

Entertainment options - working with our Patient Experience & Involvement team, we are committed to being able to ensure appropriate forms of entertainment are available to patients who are unable to access their own. These are often our most vulnerable patients. Offering different entertainment options will help people in need to cope in hospital and to remain calm by moving their focus away from immediate concerns, which may be pain, fear and/or loneliness. We need your help to purchase six TVs on wheels for communal use within side rooms or bays, 15 radios for patients who need an audio experience with headphones and 40 book readers offering a variety of content at a total cost of approximately £9,000.

Any excess funds raised from this appeal will be used to purchase other pressing equipment items that will benefit patient care at Kingston Hospital.

If you would like to make a donation to help us purchase the above items, please use the tear-off response form provided. Alternatively, you can donate online at **www.khc.org.uk** or by calling **020 8973 5040**. Thank you very much.





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Hospital
Charity

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