Sad farewells and fabulous fundraising are just some of the topics in this bumper issue for you to enjoy.

Richard Neville
Richard Neville was a patient volunteer who had worked for many years with staff at Queen Mary’s and in recent years, Oxleas. He gave his precious time for the good of the hospital, patients, staff and visitors. Richard took immense pride in the quality of cleaning standards throughout Queen Mary's Hospital and was always complimentary to Oxleas for our hard work to meet the standards Richard set us all. Everyone knew Richard as the "mirror and torch man" (as the picture to the right shows) as he would bring these items with him on all inspections he undertook. This process was used at Queen Mary’s for many years and by Oxleas to monitor cleaning standards across the estate. Queen Mary's would not be the hospital it is today in terms of cleanliness without Richard and we only hope that in his memory, all of us will strive to meet Richard’s standards in everything we do going forward.

Linda (Beth) Downes
Friends and former colleagues of Linda Downes (perhaps better known as ‘Beth’ to her NHS colleagues), will be sad to learn that Linda passed away, aged 68, on 18 April 2019. She died at home surrounded by her family following a long battle with cancer and a stroke. She will be best remembered as an administrator in the Postgraduate Medical Education Centre at Queen Mary’s. Following the dissolution of SLHT, she was re-deployed to the Medical Education Department at Queen Elizabeth Hospital, Woolwich. Beth was known for her commitment to her work within medical education, as well as for the continuous support she provided to foundation doctors, specialist trainees and consultants, and the many users of the Frognal Centre. She provided a pivotal role, with her knowledge of F1 and F2 Medical Education. She will be very sadly missed by her family and friends. Donations may be made to The Royal Marsden Hospital, in Linda’s memory, which is where she was treated during her illness. These can be made on-line via the RMH website, by telephone to 020 8915 6095, or by cheque payable to The Royal Marsden Cancer Charity. Please ensure you state Linda’s name.
Galliford Try cycling challenge

The challenge was to cycle on static bikes in main reception to clock up enough miles to go around the M25. This was a team effort, staff from Galliford Try really took on the challenge with a little help from Oxleas E&F staff and Swarna from the Friends of Queen Mary’s did extremely well. To help, two bikes were placed in reception as it was hoped that this way the target would be met by the end of the working day. Well, they hit the target no problem and clocked up 270 miles. That’s over twice around the M25, so each bike hit its target.

A fantastic £822.10 was raised to be split between the two worthy charities, The British Heart Foundation and Kaia, the 11 year old little girl with cancer.

A very big thank you and well done to all took part and donated.
Gardening with Speakability
We were in desperate need for voluntary gardeners to tend to the memorial gardens around the Queen Mary’s site. Having advertised for many months to no avail, our heroes appeared from the Speakability group who meet here weekly. Sidcup Speakability Group helps and supports adults suffering communication difficulties following some sort of brain injury - more often than not that's the result of a stroke and/or brain tumour. The group have worked tirelessly to clear the overgrown plants in the old MacMillan garden and it is once again becoming a lovely place to sit, or admire as you walk past the window. Come rain or shine (as the photos show) the group arrive every Tuesday and work their magic. They have filled over 70 sacks with garden waste. We cannot thank them enough. Thanks must also go to Ken for the general maintenance help he provides and to Sue and Paul for the plants that they have been supplying to top up the gaps.

From left to right shows the progression of the garden and the picture on the left shows how good it is looking at this moment in time.
Our wonderful gardeners—Marjorie, Jo, Will, Simon, Mary and Pete (not in the photos).

Knitters
We would like to thank all our keen knitters and in particular Sandy Soper, Maureen Coutts, Pat Langford and the Speakability knitters who have very kindly been clicking the needles and supplying Sunrise with their knitted squares. We have passed on to them more than 270 squares which is a tremendous amount.

They will now be able to make more blankets thanks to your generosity. The knit and natter group sessions are still taking place at Sunrise on a Friday afternoon if anyone wishes to attend. You will need to call Sunrise first to let them know before you go along.

Please do keep your squares coming as the more squares they get, the more blankets they can make. Some of the blankets that are made are brought into the wards at Queen Mary’s.

Events coming up……
Thursday 20 June - Sunrise are holding a Cupcake Stall in main reception in aid of the Alzheimer Society. Come along between 10am to 12 noon.

Tuesday 16 July - Sherwood Park School will be coming in to sing in main reception from 10.30am to 11.45am
First Aid for the young
Galliford Try, the main contractors for the redevelopment works at Queen Mary’s, this year generously sponsored all the children at Sherwood Park School to have training in basic first aid skills. Help Save Lives - FAB First Aid went into the school and trained 400 children ranging from 4 to 11 years. Rhona Manning, FAB First Aid Trainer, said: “It was an amazing week. I thoroughly enjoyed it as the children were amazing. Every class were glued to the training and they all had fun. The good thing about fun training is that they remember what is being taught. They learnt what to do with a burn, bumps, bleeding and the all important D-R-A-B-C checklist (Danger, Response, Airway, Breathing, Circulation) and they all loved practising CPR on our child friendly manikins to the rhythm of Baby Shark! Even the 4 year olds know what number to call to get help.”
The children all practised how to do each element of the first aid training even how to stop someone from choking. Each child received their own FAB First Aid book to take home and a certificate for their training.

Five-A-Day at QM
On 25 March we had the opening of a Five-A-Day fruit and veg stall in the main reception with Dave Peacock, from the legendary Chas & Dave, cutting the ribbon.
The stall sells a variety of fresh produce and smoothies which is varied each time and fruit pots. They also have a range of raw honey, sugar free jams and gift baskets.
They have proved to be so popular with staff and patients that they are now going to be in the main reception every Monday from 6am. Some of the comments from staff have been positive towards healthy lifestyle choices. Patients and visitors too have commented on how lovely it looks when they walk in to see something fresh and healthy.

Your news and questions
If you have any interesting news from Queen Mary’s new or old you would like to share, views about anything within this newsletter, or any questions you would like to ask about what is happening around Queen Mary’s, do get in touch. If you would like this newsletter emailed to you please do let us know.
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