

Newsletter

January / February 2020

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Hoping the New Year has started well for you and that you enjoy our latest newsletter.

Thank you to the Friends

Woodlands Unit team would like to say a huge thank you to the Friends of Queen Mary's Sidcup Limited (Friends) for funding a brand new state-of-the-art treadmill for the patients' fitness studio in the unit.

This generous donation is making a big difference for access to physical activity for our inpatients and we are extremely grateful.

Thanks to this generosity we have been able to re-launch the Woodlands Fitness Studio.

Physical activity is known to have a strong and positive influence on mental wellbeing and regular physical exercise can increase self-esteem and reduce stress and anxiety. The Woodlands Fitness Studio plays a key role in enabling our service users to reduce boredom

and maintain a level of physical fitness while they are an inpatient. This allows our clinicians to promote the use of physical activity as an important intervention in the management of mental health conditions. This often serves as a bridge to a range of fitness and recreational sports participation in the community on discharge from hospital.

The Friends have truly made a difference for us and we are extremely grateful.



Chris Boddy retires

It was a bitter-sweet farewell for staff to Chris, QMS site Lead Senior Pharmacist, who retired on 7 February after 35 years of service and leadership in the NHS. Congratulations to Chris for your hard work over 21 years at QMS.

Chris studied pharmacy in Sunderland and worked as a junior pharmacist in Leicester, before becoming resident pharmacist in Lewisham. He then worked in Medway Hospital in cardiology and haematology before coming to QMS, where in later years he was the site lead for pharmacy.

The highlight of his career was winning the UKCPA award in 1998 for his contribution to dosing for patients taking warfarin.

His colleagues all agreed that working alongside Chris had been a profoundly enjoyable and educational experience. His absence will be felt by all in the pharmacy department in the weeks and months to come. We all wish Chris a long, happy and healthy retirement.



Friends kiosk

The Friends beverage kiosk on the first floor will be moving to the second floor in the next few months. Work will start shortly to finish the new beverage kiosk, which will be located above their existing one on the first floor. We are hoping for a spring opening.

Welcome to Rebecca Waller

We would like to introduce Rebecca Waller, Facilities Manager within Queen Mary's. Rebecca started with Oxleas in August 2019 and has become an integral part of the Estates and Facilities team in the short time she has been with us. Rebecca brings a wealth of experience with her from previously working in the facilities department at King's College Hospital, as well as exuberance and drive to make our hospital the best it can be for the staff and patients that utilise the facilities.



Congratulations

Oxleas' site services team at Queen Mary's Hospital in Sidcup, has been presented with a positive feedback award from Bexley CCG.

The award was in recognition of the collaborative partnership style of working which was adopted between patient experience groups and the site services team during the later stages of the redevelopment project at the hospital.

The QMH Site Services Stakeholder Engagement Group would meet every six weeks when, with the help of site 'walk-arounds' all aspects of the redevelopment project were looked at – from car parking and landscaping, to way-finding and community involvement.

Denise Webb, Site Services Facilitator and Helen Manchester Operational Manager, said: "The meetings and debates were often lively but it was important that we tackled patient issues openly and honestly and empowered our service users to have a voice, and that we listened to them. "We aimed to make Queen Mary's Hospital the best that it can be and with the help of this group, we have a community health hub to be proud of."



Site news

CAU building - The CAU building located to the right of A Block extension is due to be demolished from Monday 3 February. The works being undertaken will undoubtedly cause some noise disruption but please bear with us during this process. The car park surrounding the area will be suitably fenced off for patient and staff safety.

Columns in main reception - Repair work will take place to the columns on 25 and 26 February. Barriers will be in place for your safety and we ask that you bear with us during this time.

Pot holes - During the recent inclement weather, the pot holes in the road surrounding the hospital have become notably worse. We have requested that the ones that can be patched are filled as soon as possible, but we are ultimately looking to get the whole road re-surfaced. Due to the cost and the logistics behind this proposal, such as redirecting the buses, it will not be a quick process. However, please do bear with us, and take care when driving/riding down these areas.

I Block - The I Block (old crèche or wheelchair dept) has recently been demolished. This is to make way for a new PET CT Modular unit which will be run by Alliance Medical. This we hope will be in situ within a few months.

B Block OPD flooring - The flooring replacement works in the main building, first floor OPD area, are now due to be carried out at the beginning of March. The works will be completed over a few weekends, so they should not cause any disruption to services in these areas.

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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