

Newsletter

March 2019

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Welcome to this edition where we have news of an awareness day and cycling challenge you can get involved in.

Swallowing Awareness Day

As part of Swallowing Awareness Day on 13 March, come along to meet Oxleas Speech and Language Therapy Service. You can find out more about Dysphagia and how to support people who experience difficulty with their swallowing. The teams will be in the main reception at Queen Mary's on Wednesday from 10.30am to 1pm. Stop by for a chat and some cake.



Galliford Try cycle challenge

The site team from Galliford Try, the main contractors for the redevelopment works at Queen Mary's, have arranged a sponsored (stationary) bike ride on Friday 15 March. They have pledged to complete the 117 miles around the M25 between 9am to 5pm. They would love support from Queen Mary's staff and visitors, whether it be to spectate, participate, donate or all three! Join in with the challenge, it doesn't matter if it's for five or 15 minutes it all helps to clock up the miles. Two exercise bikes, kindly

donated by the Musculoskeletal team (MSK), will be in reception for the challenge.

All money raised will be split between two worthy causes; the British Heart Foundation and a Go Fund Me page that has been set up for a very special little girl. Kaia is 11 years old and is currently receiving chemotherapy.



ISS are coming

We're sure you'll be aware by now of the transfer of the trust's soft service contract to our new FM provider, ISS Facility Services.

Catering, cleaning, logistics, reception, helpdesk, security, car parking and grounds and gardens all transfer to ISS as of 1 April 2019.

With this in mind, ISS will be showcasing some of their services and innovations in the main reception at Queen Mary's Hospital on Wednesday 20 March from 9am to 2pm. Please feel free to pop along and discover more about ISS and the services they offer.



**13 MARCH IS
NO SMOKING DAY**

Quitting smoking is one of the best things you can do for your health. Relying on willpower alone is the least effective way to stop. Each year thousands of people quit smoking successfully. You can join them on #NoSmokingDay

Get your free Personal Quit Plan at www.nhs.uk/smokefree to help you stop smoking for good.

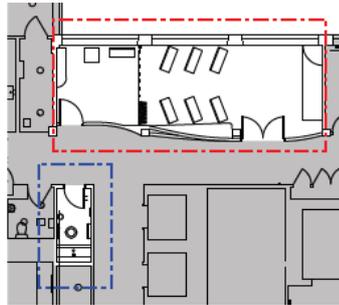
New Multifaith room

We are now able to share the designs for the new Multifaith rooms and would welcome your comments and views. After conducting a survey with patients, staff and visitors we have tried to incorporate in the designs something to accommodate all. There will be two rooms which are separated by wood doors. This enables a larger room if needed. Brighter and warmer colours will be used to make it more welcoming. If you have any comments please do contact Denise Webb via email on denise.webb@nhs.net or via 02039 107391.



Above views of the two rooms with dividing doors open

Above and below right view with and without dividing doors



Exterior view with dividing wall in situ and drawing of both rooms. Drawing also shows the room across the corridor which will have house the wudu.

Dream Media films

A successful day of filming took place in the Magill Seminar room at Queen Mary's hospital organised by Oxleas' Learning Disability team and Dream Media. Run by Mark Gordon, Dream Media is a film company that is based at Smerdon Day Centre. All the actors have a learning disability.

The film will form part of a new training session for people with learning disabilities who want to be part of Oxleas' interview panel. The aim of the film is to provide an interactive forum for interviewees to be professional and fair as a panellist, as well as recognising who is the best person for the job.



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.

Contact details are: denise.webb@nhs.net or you can telephone on **02039 107391**