

patient

first

NHS
Maidstone and
Tunbridge Wells
NHS Trust

#patientfirst

Spring/Summer 2020

P4

"I have always loved and supported the NHS but I am now even more full of respect."

Patient thanks staff for nursing her through coronavirus

Welcome to Patient First!

Little did we know when we started working on this edition of Patient First magazine that the world as we know it would change so dramatically.

As we went to print the Government's advice was for people to stay at home in a bid to stop coronavirus (Covid-19) from spreading, help protect the NHS and save lives.

In light of the virus, on page 3 you'll find the latest Government advice and what we are doing as a Trust to protect our patients and our staff who are caring for them during the pandemic. Page 4 features a story of hope – a woman who was nursed back to health at our Tunbridge Wells Hospital after she tested positive for the virus. Then on page 5 you can read about why one retired midwife has returned to the frontline to help her colleagues.

As you would expect, the Trust's main focus at this moment in time is coronavirus, but we still wanted to share with you some of the great work that has been going on across the Trust over the last few months.

We hope all the stories in this magazine help to lift people's spirits as a time of uncertainty. In the meantime, please continue to follow the national guidance – Stay home. Protect the NHS. Save lives.

The Patient First team

PS due to coronavirus this magazine is only available online. Visit www.mtw.nhs.uk/patientfirst

Contacts

If you have a story to tell us, please contact the communications team:



01622 228658



mtw-tr.communications@nhs.net

For general enquiries or advice, please contact the Trust switchboard:



01622 729000 - Maidstone Hospital



01892 823535 - Tunbridge Wells Hospital



Or visit www.mtw.nhs.uk



Contents

- 4 A story of hope**
Coronavirus patient Sarah Salway thanks the Trust for nursing her back to health.
- 5 Returning to the frontline**
Retired midwife Sarah Gregson talks about returning to work during the pandemic.
- 7 Case study**
Brenda Holcombe reveals how taking part in research has transformed her life.
- 8-9 Fundraising**
Find out how businesses and individuals have been supporting our dedicated charity.
- 13 Improving patient care**
New Acute Assessment Unit opens at Maidstone Hospital.
- 14 Leading the way**
Donation puts Trust at forefront of cancer treatment.

Find us - @MTWnhs



Like us - mymtwhealthcare



Connect with us - Maidstone and Tunbridge Wells NHS Trust



Follow us - mtw_nhs_trust



Watch us - @mtwnhs



Coronavirus – Stay at Home. Protect the NHS. Save Lives

Here at MTW the safety of our patients and those who care for them is our top priority during the pandemic.

In line with national guidance we have been adapting our hospitals to care for more patients requiring specialist respiratory support.

We have also changed our visitor policy. Until further notice visitors aren't allowed in our hospitals, although there are some exceptions. More details can be found on our website. In the meantime we ask you to consider other ways of keeping in touch with patients such as phone calls or video messaging. Should you need to visit our sites please be aware our main entrances are now manned by a member of staff who will ask to see your appointment letter or ask you about any other reasons for visiting.

To reduce risks to potentially higher risk patients, we are using remote video appointments for specific patients. We're also encouraging people to wash their hands or use hand sanitiser when visiting our sites.

Please note that our emergency departments are operating as normal and people should continue to follow standard care guidelines around when to attend. People who need to attend for urgent or emergency care and who have a new-onset cough or fever should let staff know as soon as they arrive so that they can be appropriately managed.

Please do not leave your home if you have either:

- A high temperature.
- A new, continuous cough.

To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home.

Use the 111 online coronavirus service to find out what to do. Only call 111 if you cannot get help online. For more information about coronavirus, visit www.nhs.uk



Drive through pharmacy for cancer patients

A drive through pharmacy has been set up so cancer patients can receive vital medication without the need to enter Maidstone Hospital during the coronavirus pandemic.

Located in car park B next to the Kent Oncology Centre, patients, or a relative or carer, can simply drive up or arrive on foot to collect their prescribed medicines which are issued by one of the two members of staff from the Trust's Oncology Pharmacy Team who man the cabin which is known as a Medicines Pick Up Pod - or mPUP for short.

Prior to the medication being released the patient undergoes a series of checks. First, a phone consultation is carried out by either a doctor or a chemotherapy nurse to find out how the patient is feeling and if they are experiencing any side effects caused by the medication they are currently on.

The prescription is then sent to the oncology pharmacy department. A pharmacist contacts the patient by phone to find out if they have any allergies and if they are taking any additional medications.

Once the necessary checks have been completed satisfactorily the patient is given a date and time to pick the medication up. If they are unable to get to the cabin, or they don't have anyone who can collect the prescription on their behalf, it is delivered to their home address by courier.

Cancer patient Cilla Millner, 70, from Longfield, said: "I am extremely grateful for the service. The staff have done a wonderful job at a very difficult time."



Case Study

Patient thanks staff for nursing her through coronavirus

Sarah Salway, from Tunbridge Wells, spent six days in Tunbridge Wells Hospital after she tested positive for coronavirus and developed pneumonia.

She spoke to Patient First magazine about the care she received and how she will always be grateful to those who nursed her back to health.

Thank you. That's the message from one patient to the nurses who looked after her after she was hospitalised due to coronavirus (Covid-19).

Sarah Salway, from Tunbridge Wells, spent six days in Tunbridge Wells Hospital after she tested positive for coronavirus and developed pneumonia as a result of the virus.

The 59 year old British poet, novelist and writing tutor, said: "I thought I was recovering but then I suddenly developed a continuous cough, felt breathless and had a temperature.

"The following day my partner dialled NHS 111. Paramedics were sent to my house and I was taken to Tunbridge Wells Hospital for tests. I thought I would be there just for the morning, but I ended up being admitted after I tested positive for coronavirus."

Sarah was placed on an isolation ward before being moved to a respiratory ward for oxygen treatment. After a second swab for coronavirus came back negative she was then given a course of antibiotics to treat pneumonia which had been caused by the virus.

"To begin with I didn't really know what was going on and I felt too poorly to even think about what was happening to me," she said.

"Obviously there were no visitors but I knew I was in the right place and I was grateful for that.

"Every time the nursing staff had to come into my room they had to protect themselves with masks and aprons etc, but they were so professional and caring. They treated me like a human being, even when I could barely speak a word to them because



I felt so ill. I will never stop being grateful to them.

"There were moments of real kindness too - one of the paramedics came back especially to wish me luck, a doctor spent time making sure I understood what he was saying, the nurses made me laugh, and a night nurse even came in to my room just to make sure I wasn't scared – that I will never forget.

"I have always loved and supported the NHS but I am now even more full of respect. I don't think any house clapped louder than ours when people across the country stood outside their houses and clapped in support of the NHS. After this, I hope we don't forget how much we owe them, and what's important to a healthy society."

Six days after being admitted Sarah was discharged from hospital. She is now back at home making a full recovery.

She added: "It's one of the scariest experiences I've ever been through but I have come out the other end so I'm proof that there is hope.

"When I went out for a walk around the block for the first time in three weeks I was wobbly and tearful and very nervous. I know I need to take it easy but I'm looking forward to doing some home yoga and simple things like concentrating enough to read a book.

"My message to everyone else is, please keep following the national guidance and stay at home – by doing so you can not only help save lives but also protect the NHS."

Feature

Retired midwife returns to the frontline during coronavirus pandemic

A former midwife, who is also a registered nurse, is back on the frontline after coming out of retirement to support her colleagues at MTW during the coronavirus pandemic.

Sarah Gregson explains why she felt she had to return.

Sarah Gregson retired in 2017 after 40 years' service with the NHS – the last 14 of which she spent with the Trust working as a Consultant Midwife.

But she's returned to the frontline once again due to the coronavirus pandemic.

"I couldn't bear to watch this unfold and not try to do my bit," she said.

Since retiring Sarah has carried out some project work for the Trust's Maternity Services and worked on projects for the Royal College of Midwifery in a voluntary capacity in Bangladesh and India.

Although she did not intend to return to clinical work, Sarah decided she couldn't just sit back and do nothing whilst the current situation unfolded, so she put herself forward for Bank work to support the front line workforce.

Sarah said: "So far I've done three shifts back on maternity. I also attended the Trust's Nurse Clinical Update training session in case I am deployed to nursing again. It is a scary prospect coming back to clinical work after so long, but my amazing colleagues and the Trust have been incredibly welcoming and supportive.

"There are huge pressures on the NHS across the country at the moment. What I know for sure though is that those who are pregnant or sick need our care and compassion more than ever in these difficult times and that is ultimately why I have come back."

Sarah isn't alone in returning to the frontline. MTW NHS Trust's workforce is set to be boosted thanks to a number of nurses, medical laboratory assistants, therapists and doctors returning to the Trust.

In addition more than 320 people have also applied to join the Trust's bank team to provide



skilled resources in clerical and administrative and clinical frontline roles.

She added: "It is great that others are coming back to the Trust to work but whilst the government is urging former medical staff to return to work we must remember it is not appropriate for everyone to come back.

"Many of my retired colleagues already play a vital role in caring for vulnerable relatives and friends or have moved on to other essential roles. Some have underlying health conditions. Ultimately each of us has to work out what part we should play in all of this."

Return to Nursing Practice

Are you a nurse or midwife whose registration has lapsed and would like to get back on the register?

MTW NHS Trust can help you return to practice.

For more information visit the current vacancies section on our website: www.mtw.nhs.uk

Case Study

Coronavirus patient leaves hospital to round of applause

Peter Ananicz spent 12 days on a ventilator in Maidstone Hospital's Intensive Therapy Unit (ITU) after he contracted coronavirus.

Now he's back at home with his wife Ruth by his side.

He spoke to Patient First about his incredible journey to recovery.

When Peter Ananicz left Maidstone Hospital after beating coronavirus he was given a round of applause by nursing staff as he was wheeled out of the ward.

In total he was hospitalised for 17 days, 12 of which he spent on a ventilator.

He was brought in by ambulance to the hospital's Emergency Department (ED) on Tuesday 31 March after his wife Ruth dialled 999 because he was struggling to breathe after several days of feeling unwell.

On arrival he was given oxygen to help him breathe and a swab test was carried out to test him for coronavirus (Covid-19). Within two hours of him being initially assessed by medical staff, Peter was told he needed to go on a ventilator so his body could fight off the infection and recover.

The 68-year-old, who runs his own business Solar for Schools, said: "I've never needed hospital treatment for anything in my life before but it all happened so quickly I didn't have time to worry. All I knew was that I wanted help because I was struggling to breathe and that I was in safe hands."

Peter was moved to ITU (also known as the Intensive Care Unit) where he was given an anaesthetic so a tube could be passed through his mouth into his lungs. A mechanical ventilator then took over his breathing for the next 12 days to help him fight the virus.

Visiting restrictions, which were put in place by the Trust just days earlier to protect patients and staff from the virus, meant Ruth was unable to visit Peter in hospital but the ITU staff updated her on his progress every day via phone.

On Saturday 11 April she finally received the call



she had been longing for – Peter was awake and off of ventilation.

"When they brought me round they asked me my name and if I knew where I was. At that point I had no idea that I had been out for 12 days," said Peter.

Two days later he was moved from ITU to John Day ward where he remained until he was discharged on Thursday 16 April. He is now back at home recovering.

He said: "There are no words I can say because thank you will never be enough. Both the staff on ITU and John Day were absolutely fantastic.

"I'm so pleased and grateful to still be here and back at home with Ruth. I am currently doing some physio exercises to help strengthen my legs and I am getting stronger every day.

"Once the restrictions have been lifted I plan on visiting the hospital to personally thank the members of staff who looked after me. Without them I might not be here today."

Ruth, 60, said: "On the day he was taken to hospital by ambulance I still didn't think it could be the coronavirus so when I got the call a few hours later saying he was being ventilated I couldn't quite believe it.

"Although I couldn't see him whilst he was in hospital I totally understood the reasons why and the staff were very good at keeping me informed all the time he was in hospital.

"Peter was one of the lucky ones and we are both so grateful for everything the medical team did for him. I know some others won't have been as lucky as us and my heart goes out to them."

Case Study

Clinical trial transforms Brenda's life

Rheumatoid Arthritis meant Brenda Balcombe was finding everyday tasks difficult due to pain caused by swelling and stiffness in the joints of her hands and feet.

But after taking part in a research project run at the Trust the 64-year-old, from Chatham, is now back to doing all the things she loves.

Rheumatoid Arthritis is an autoimmune disease where the immune system attacks the cells that line the joints, making joints of hands, feet, and wrists swollen, stiff and painful. Over time, this can damage the joints, cartilage and nearby bone.

Brenda said: "Before I was diagnosed in 2015 I would wake up and my hands would not work properly, I would have to stretch them and then it would take an hour before I felt up and running.

"It eventually got to the point that I couldn't lift a bag of potatoes, open jars or turn on the tap. Walking was painful too because my feet were so swollen."

After going to her GP and having some tests done, Brenda was referred to the Rheumatology Department at Maidstone Hospital where Dr Mike Batley diagnosed her with the disease. Whilst there is no cure medication can help relieve the symptoms.

"To start with I had an intensive course of steroids, then I was put on Methotrexate and hydroxychloroquine and I started to feel better," she said.

"Eventually I was just taking Methotrexate but when I got pneumonia in 2018 it stopped working."

It was then Dr Batley spoke to Brenda about a research project the Trust was taking part in and how it might help her.

She said: "I was under no pressure to agree to take part. I spoke to two of the Trust's Research Nurses and after looking into it in more detail I decided I had nothing to lose and everything to gain."

Following an extensive medical examination, Brenda took part in the CREDO-2 trial which looked at how safe and effective the study drug



Olokizumab is in patients with Rheumatoid Arthritis who are already receiving, but not fully responding to treatment with Methotrexate.

Over the course of six months Brenda attended Maidstone Hospital every two weeks to receive an injection. She also had her blood pressure and temperature checked, underwent blood tests and answered a series of questions on an iPad about what everyday activities she could do such as walking upstairs or opening a jar.

After responding well to the treatment Brenda was asked if she would like to take part in the next part of the research trial called CREDO-4. The year and a half study looks at how safe, effective and well tolerated the study drug Olokizumab is in the long-term in patients with Rheumatoid Arthritis who have completed the previous study.

For this trial Brenda and her husband were shown by Research Nurses Catherine Oram and Ruby Einosas how to inject the medication themselves between hospital and clinic visits.

When the trial ends this November, Brenda will have spent a total of two and a half years as a rheumatology trial patient.

"It's really changed my life," Brenda said.

"Before the injections the pain was horrendous. It stopped me from doing so much. I couldn't look after my youngest grandchild because I couldn't lift her. Now the first thing I do when I see her is lift her up and give her a cuddle.

"I love gardening but I wasn't able to work on my allotment, now I've cleared all the weeds and my garage is full of all the foods I've been able to grow.

"I am eternally grateful to the NHS for the chance to take part in research and I would really recommend that others look into it too."

Fundraising



Thank you to all our supporters for helping us to do more for our patients and staff as a result of your donations.

If you have experienced great care from the Trust, supporting the charity can be a good way to give back.

We work closely with supporters to identify the charity fund that is most suitable for their donation. Our varied funds currently include critical care, nursing, pathology and cancer services.

You can follow us on Twitter and Facebook for all the latest charity news.

Laura Kennedy, Fundraising Manager



Get creative with fundraising

We are so grateful to individuals, groups and companies who have supported the Trust's dedicated charity. To each and every one of you, thank you.

Our supporters fundraise in all sorts of innovative ways. For example, Stephanie Chapman, from Kings Hill, turned the Government's instructions around permitted daily exercise into a fundraising opportunity and raised £520 by videoing her neighbours performing all sorts of dances outside her house.

Cricket clubs from across Kent joined forces to raise £6,000 after Dave Smith from Invicta Cricket Coaching organised a mass head shave which brought cricketers together in support of our charity.

Dave said: "This was a way of saying thanks to all the incredible NHS staff who are working night and day to look after those in need."

Other fundraisers include the Cellar Ale House which hosted a virtual pub quiz and Christine Rutter who completed a walking challenge in April. Luke Hirst (pictured) also raised a fantastic £506 by shaving his head.

Supporting professional development

One of the charity's objectives is supporting staff training, personal development and welfare which in turn help to enhance the patient experience.

Elaine Kennaird, the Trust's Neuro-oncology Nurse Specialist, supports brain tumour patients from across Kent, throughout their care pathway from diagnosis. Elaine also supports patients with non-malignant brain tumours after surgery and during radiotherapy.

Following a grant from the charity, Elaine attended a specialist conference hosted by the British Neuro-oncology Society (BNOS) in London.

Elaine said: "The conference brought together key specialists from neuro-oncology and the event gave me valuable new knowledge about the latest clinical trials and future developments that helps inform patient care."



How businesses can get involved too

Corporate partnerships are a great way for companies to support the charity. Doing so may also add value to an organisation's corporate social responsibility policy (CSR).

Local businesses currently partnering with the charity include SNS Solicitors in Maidstone, who are fundraising to support the Kent Oncology Centre's dedicated charity fund. The successful partnership has generated funds via several events including will writing. As a result of the partnership a total of £400 has been raised for the charity to date.

Vicky Mansell, who is a Partner at SNS Solicitors, is passionate about supporting Maidstone Hospital and the Kent Oncology Centre as her partner recently had specialist cancer treatment at the centre.

She said: "SNS Solicitors value the important work that the Trust does for our local communities, both on a personal and professional level."



"We often work with clients who are undergoing some form of treatment at the hospital and we are pleased to be able to give something back to the people who have helped us, our clients and the community."

"We recognise and are grateful for the vital work that staff do at Maidstone Hospital."

If you are a company looking for a new local charity to support, please contact us to see how we can work together.

Headstart funds ENT Headlamps

Thanks to a £1,877 donation, the Ear, Nose and Throat (ENT) Outpatient Department now has new equipment to help support patient examinations at Maidstone Hospital and Tunbridge Wells Hospital.



'Headstart', a local support group for head and neck cancer patients, donated the funds to purchase new headlamps which are helping clinical staff to examine patients' throats, tonsils and noses.

The equipment, as modelled by ENT Clinical Skills Sister Emma May, is supporting staff to diagnose and evaluate head and neck patients hands free, via a guided light.

Get involved with the charity

There are many ways you can support our charity:

- Celebrate our nurses and midwives - donate £5 by texting **MTWNURSE** to 70085*
- Donate to our staff appeal - www.justgiving.com/campaign/nhshero
- **May 12 - International Nurses' Day:** Dress for the NHS in exchange for donations – dress in blue at home.
- **July - NHS Big Tea:** Host a tea party at home or virtually, in the founding month of the NHS. Add sprinkles, bunting and a touch of blue to create the perfect tribute!

For more information contact Laura Kennedy, Fundraising Manager, on 01622 226428 or email mtw.fundraising@nhs.net

*Texts cost £5 plus one standard message rate.



@Mtwcharity



@Mtwcharity

Courtyard makeover

A courtyard garden at Maidstone Hospital has been given a makeover.

Maidstone Hospital League of Friends secured funding partners for the £16,000 transformation project which was carried out by Vu Garden Design & Landscaping.

Old benches, ivy, flower beds, a magnolia tree and stonework which had been damaged by the tree's roots, were removed in order to create the garden which is now accessible to everyone.

It now boasts a new seating area, stepping stones around raised flower beds which contain sensory plants, new benches and bins plus a water feature.

Funding for the project came from Bovis Homes Group, Croudace Homes Ltd,



The Whitehead Monckton Charitable Foundation, Kent County Council's Combined Member Grant Scheme and also Gallagher Aggregates who donated materials to the project.

TB nurses play important role in pilot study

Two Tuberculosis Specialist Nurses have played an instrumental part in a study which could result in prisoners being screened for Latent Tuberculosis Infection (LTBI) when they enter the prison system in the future.

Cheryl Weller and Fran Guyatt put themselves forward to carry out the LTBI screening programme at HMP Maidstone as part of an NHS England (NHSE) pilot study to treat and find LTBI and to stop it before it becomes active. At the moment the prison system doesn't automatically screen prisoners for LTBI.

Cheryl said: "Whilst it is not possible to get tuberculosis from someone with latent tuberculosis there is a risk they will go on to develop active tuberculosis which is contagious and can spread quickly in a similar way to a cold or flu, if it's not caught, isolated and treated early. Treating latent tuberculosis is therefore an important part of controlling the disease especially among vulnerable populations such as prisons due to inmates living in close proximity to one another."

Over a six month period, both Cheryl and Fran visited HMP Maidstone four times a week to provide treatment to inmates who had tested positive for LTBI after they underwent a screening process, consisting of X-Rays and blood tests, which were carried out by University College London's 'Find and Treat' service in collaboration with Oxford Immunotec.

Prisoners who were diagnosed with LTBI were then offered a 12-week course of antibiotics to be taken orally on a daily basis. Those who took up the opportunity of treatment also underwent regular blood tests to make sure the drugs were not having an adverse reaction on their body.

All the data collected was sent to NHS England and Public Health England towards the end of last year. The information has since been passed on to the World Health Organization which will decide if the guidelines for screening and treatment of LTBI in prisons should be amended so that prisoners are automatically screened for LTBI when they enter the prison system.

Fran added: "We're both really proud to have been involved in such an important study, all of which was carried out alongside our NHS TB role."



New planned treatment unit opens at Tunbridge Wells Hospital

As part of our ongoing commitment to ensure patients access emergency care services in a prompt and timely way, we've opened a new Planned Treatment Unit (PTU) at Tunbridge Wells Hospital.

Opening the new nurse-led unit has enhanced our Same Day Emergency Care (SDEC) pathway so that more patients can benefit.

The unit is for day patients who are well enough to attend a pre-arranged appointment to receive treatments such as intravenous antibiotics – used to treat severe bacterial infections such as cellulitis, or infusion therapy which involves administering medication into a vein via a needle or catheter to help manage chronic conditions such as Crohn's Disease and Rheumatoid Arthritis due to oral medication not being suitable.

Nurses on the unit can also give blood transfusions to cancer patients who have low haemoglobin levels as well as iron transfusions which are often needed to help raise a patient's red blood cell count before an operation to help reduce the need for a blood transfusion.

Prior to the unit opening, patients requiring planned treatments were seen on a daily basis by nurses and doctors in one of the bays in the hospital's Acute Medical Unit (AMU). There they were treated in the ward alongside inpatients (over 24 hours length of stay) and patients requiring same day emergency care (requiring less than 24 hours stay).

Fiona Redman, General Manager, Acute and Emergency Medicine, said: "Attendances at our Emergency Departments are up by 11% compared to last year. Despite this unprecedented demand, MTW continues to remain in the top 10 performing Emergency Departments (ED) in the country. This is partly due to the fact we have



responded to the rise in demand by developing new and innovative ways of working to ensure our patients are able to access emergency care services in a prompt and timely way. The SDEC pathway is a key driver in this and reflects national best practice.

"The new Planned Treatment Unit forms part of this work to ensure patients receive the right care at the right time in the right place when they attend our hospitals.

"In turn it increases the capacity in our Acute Medical Unit to take patients who require same day emergency care and helps ease the pressures felt in our Emergency Department (ED). Because it is a nurse-led unit it means our doctors are also able to focus their attention on treating our sickest patients. This ensures safe flow through the hospital.

"We know how important it is for patients not to be admitted on to a hospital ward unless it is absolutely necessary. By opening a Planned Treatment Unit patients can receive their treatment in a comfortable, safe and quiet environment before returning to the comfort of their own home on the same day."

Family funds vital equipment for Chartwell Unit

A patient and his family have donated an amazing £5,000 to help fund vital equipment for the Chartwell Unit at Maidstone Hospital.

Raymond and Jackie Corke donated the money after holding race nights and afternoon tea events at the George and Dragon pub in Tonbridge, which is owned by their daughter Lisa and her husband Garth.

The money, which was raised by the family as a thank you to the Trust for treating Raymond for leukaemia and other illnesses since 2008, funded a brand new Vital Signs machine for the unit. As well as showing the heart rate, blood pressure, body temperature and oxygen saturation of the patient, it also signals to staff if vital signs rise or fall.



Feature

Symbol of hope unveiled on children's ward

When children finish long medical treatments it is a huge milestone for both them and their family.

To mark the end of their journey they can now ring an end of treatment bell on Woodlands Unit after it was kindly donated by a former young cancer patient and his family.

Ollie Ridley recently returned to Tunbridge Wells Hospital to unveil a symbol of hope for other young patients on the ward which cared for him whilst he underwent chemotherapy treatment.

The seven year old boy, along with his parents Sian and Steve and four year old brother Joseph, visited Woodlands Unit to reveal the end of treatment bell which has been installed for children to ring at the end of their medical treatment.

The family agreed to sponsor the bell, which was provided by the charity End of Treatment Bells, after Ollie suggested the hospital should have one like the Royal Marsden Hospital in Sutton where he also received treatment.

Mum Sian, 43, from Biggin Hill, said: "After Ollie was diagnosed with Acute Lymphoblastic Leukaemia in February 2016 his treatment was alternated between the Royal Marsden in Sutton and Pembury with community nurses also visiting him at home.

"His treatment lasted for three years and three months and during that time Ollie would be admitted to Tunbridge Wells Hospital every time he had a temperature of 37.5°/38° so we spent many nights under the care of the wonderful staff on Woodlands and Hedgehog wards.

"When Ollie's last dose of IV chemotherapy was given on Woodlands Unit in April 2019 the nurses kindly celebrated by ringing hand bells on the ward for him but he still had daily chemotherapy at home which meant he had to wait to ring the end of treatment bell at the Royal Marsden.



"He finally got to ring the bell on 11 July 2019 at the Royal Marsden after having surgery to remove his portacath but he told my husband and I that it would have been nice if he could have rang the bell at the Tunbridge Wells Hospital as that was where he had his last hospital chemotherapy given and all his nurses who looked after him every time he was poorly were there, and now his dream has come true."

Although Ollie is now in remission he has to undergo regular health checks - something which will continue for the rest of his life.

The Year 2 pupil, who attends Oaklands Primary Academy in Biggin Hill, said: "I'm so happy the bell is now on Woodlands Unit. I really hope it helps other children look forward to their treatment finishing."

Paediatric Ward Manager Michelle Wickens said: "We are extremely grateful to the Ridley family for the donation of the end of treatment bell.

"Children who receive cancer chemotherapy or other long term treatments, and their families have conquered many obstacles through diagnosis and treatment. Ringing the bell is a symbol of their journey and the start of the next part of their lives."

During their visit the family also donated a number of items to nursing staff on the ward including a teddy bear wearing a T-shirt with the words 'Ollie's Angels' on it, a radio, microwave, biscuits and coffee.

New Acute Assessment Unit at Maidstone Hospital



Improvements to patient care continue here at MTW NHS Trust with the opening of a new £8m purpose-built Acute Assessment Unit (AAU).

The unit which is sited next to, and accessed via Maidstone Hospital's Emergency Department

(ED), is for patients with urgent medical and surgical conditions who have been referred by their GP or ED to undergo further assessment.

On arrival patients are assessed by a nurse and observations and investigations carried out before they seen by a doctor who will plan their diagnosis and treatment.

It is open to admissions seven days a week until 8pm and is operational 24-hours a day. Inside it houses 14-short stay beds, eight assessment beds and a treatment suite comprising three separate treatment rooms.

Staffed by a dedicated team of doctors, nurses, therapists, pharmacists and other allied health professionals it means patients can access the most appropriate treatment as quickly as possible.

Trust delivers new gene therapy skin cancer treatment

MTW has become one of the first centres in the UK to deliver a new form of gene therapy to help treat forms of skin cancer.

The innovative new treatment, named Imlygic, has been rolled out by the Kent Oncology Centre at Maidstone Hospital after receiving NICE (National Institute for Health and Care Excellence) approval and being shipped over from the Netherlands.

Imlygic, which is aimed at elderly melanoma patients who are more at risk of side-effects of alternative methods, involves a simple injection directly into the lesions or tumours of the patient. The drug then multiplies inside the cancer cells and destroys them.

To deliver this new tailored treatment, MTW has undertaken work to provide expert training to staff. It has also purchased equipment such as a specialist freezer so the drug can be packed in dry ice and stored at a temperature of minus 80 degrees.

The introduction of Imlygic treatment at MTW not only means more vulnerable patients facing fewer uncomfortable side-effects such as diarrhoea caused by alternative treatments, but also reduces travel time and costs for patients as they no longer need to travel to London for the treatment, which involves regular injections



every two to three weeks for a minimum of six months.

Cynthia Moseley, 80, from Sevenoaks, was the first patient to receive the new type of treatment.

She said: "The treatment is ideal for me and my husband Fred as it means we are able to drive – had it been London I don't think we would have accepted it. Trains and things like that would be horrendous for us, it's easier for younger people but we also have animals at home which can't be left for too long.

"I feel like MTW are spearheading things and we are very pleased to have this type of treatment made available to us."

Donation puts Trust at forefront of cancer treatment

Cancer patients are now benefitting from ground-breaking technology, thanks to a generous donation of over £172,000 from The Peggy Wood Foundation.

We're one of only a few Trusts in the UK to offer ICG Sentinel Lymph Node Detection System which is used to treat patients with gynaecological cancers.

The revolutionary system provides a quicker, less invasive and more efficient technique for detecting cancerous cells, reducing patient side effects and exposure to radiation.

Using Indocyanine Green (ICG) dye and near infra-red light technology, it identifies the lymph glands which might have cancerous cells in them allowing the surgeon to remove only those lymph glands, significantly reducing the time for patients in surgery by up to 60 minutes.



Previously, patients would have required a full lymphadenectomy, which involved removing dozens of lymph glands during surgery to treat cancers such as cervical and endometrial. This can be associated with side effects such as lymphedema which causes uncomfortable swelling of the legs. This cutting-edge procedure will reduce these side effects by 10 times, with evidence also indicating the technique is more accurate than a full lymphadenectomy.

Electrical donation lights up children's ward

A little piece of the outside has been brought inside to Riverbank children's ward at Maidstone Hospital thanks to a generous donation.

Children undergoing treatment, or waiting to go down for day surgery, can now gaze up at blue skies, white floating clouds and rays of golden sunshine thanks to Yesss Electrical gifting the Visualite sensory and wellbeing light display worth £3,120, to the Trust.

Branch Manager Elliot Swann and Sales Manager Matthew Bromley came up with the idea when the electrical wholesaler showroom based in Tunbridge Wells was undergoing a small refurbishment.

The lighting solutions are specifically designed to provide a calming and therapeutic effect in healthcare spaces.

Matthew said: "There was still plenty of life in it so we knew we didn't want to simply discard it. We thought about where we could donate it and realised it would probably be a welcome addition for staff, children, family and visitors on Riverbank so we were only too happy to pass it on to them."



Jackie Tyler, Lead Matron for Paediatrics, said: "We're very grateful to Yesss Electrical for their generous donation.

"I have seen first-hand how the new lighting installation is helping to put a smile on the faces of everyone who visits the ward which is just lovely."

Help us, help you

Get the right NHS treatment. If you're not sure what's best, phone before you go.

Self Care

NHS: Medical advice 24/7

Call 111 if you have an urgent medical problem and you are not sure what to do, or visit www.nhs.uk/111

Emotional support

Mental Health Matters confidential helpline
0800 107 0160

Stop Smoking Service

For free NHS support contact
0300 123 1220
www.oneyoukent.org.uk

GP And Dentist Out Of Hours

Call 111 if you need a GP or Dentist during the evening or at the weekend.

Pharmacy

Late night and Sunday Pharmacies

Maidstone

Link Pharmacy, 88a King Street, ME14 18H
01622 752990
Mon - Fri 6am - 11pm and Sat 6am - 9pm

Morrisons Pharmacy, Sutton Road, ME15 9NN
01622 661750
Mon - Fri 8.30am - 8pm, Sat 8.30am - 7pm
and Sun 10am - 4pm

Tesco Pharmacy, Lunsford Park, ME20 6RJ
01622 701449
Mon - Sat 8am - 8pm
and Sun 10am - 4pm

Medipharmacy, 13A Tonbridge Road, ME16 8RL
01622 750785
Mon - Fri 7am - 11pm, Sat 8am - 9pm
and Sun 10am - 5pm

Sevenoaks

LloydsPharmacy, Otford Road, TN14 5EG
01732 457017
Mon - Fri 6.30am - 10.30pm, Sat 6.30am - 9.30pm
and Sun 10am - 4pm

Tonbridge and Tunbridge Wells

Boots, Calverley Road, TW1 2TE
01892 526486
Mon - Sat 8am - 7pm and Sun 10.30am - 4.30pm

East Street Pharmacy, 47 East Street, TN9 1LA
01732 770055
Mon - Sat 7am - 10pm and Sun 10am - 8pm

LloydsPharmacy, Linden Park Road, TN2 5QL
01892 517736
Mon - Fri 7am - 11pm, Sat 7am - 10pm and
Sun 10am - 4pm

Minor Injuries Units

Edenbridge Hospital, Mill Hill, TN8 5DA

01732 862137

Mon - Sun 8.30am - 6.30pm (closed Christmas Day)
X-ray available Wed and Fri 9.15am - 5pm

Sevenoaks Hospital, Hospital Road, TN13 3PG

01732 470200

Mon - Sun 8am - 8pm

X-ray available Mon - Fri 9am - 5pm (closed Bank Holidays)

Crowborough War Memorial Hospital

Southview Road, TN6 1HB

01892 603602

Mon - Sun 8am - 8pm (closed Christmas Day)

Visit www.nhs.uk for GP Practices offering a minor injuries service.

Emergency Care Centres And A&E

For critical or life-threatening emergencies call 999, or go to your nearest Accident and Emergency (A & E) which is open 24-hours a day.

Maidstone Hospital, Hermitage Lane, ME16 9QQ

01622 729000

Tunbridge Wells Hospital, Tonbridge Road, TN2 4QJ

01892 823535

Get The Right Care For Your Symptoms



Grazed knee
Sore throat
Coughs

Self Care



Headaches
Upset stomachs
Aches & pains

Pharmacy



Call 111 for
fast advice
& support

NHS 111



For symptoms that
don't seem to be
going away

GP Surgery



Urgent but not life
threatening
Sprains, Fractures
Minor burns

Urgent/Walk-in
Center

999

Unconsciousness
Severe breathing difficulty
Heavy bleeding

A&E
or 999



HM Government

NHS

CORONAVIRUS

**STAY HOME
TO HELP US
SAVE LIVES**

**IF YOU GO OUT,
YOU CAN SPREAD IT.
PEOPLE WILL DIE.**

STAY HOME ► PROTECT THE NHS ► SAVE LIVES