



Winter Newsletter 2009

Dear All,

Congratulations to Ted Fernihough on the birth of his twins Jessica and Henry, to Kimberley Kemp on the birth of her daughter Olivia and to Kathyne Williams on the birth of her daughter Alice. And finally - and it's a first for us here - we'd all like to congratulate Kay Harrison on becoming a grandmother.



Also on the 'baby front', Anna Regan (psychologist) had a daughter, Martha, in July and Aruna (physiotherapist) had a son, Milan, in October.

Good luck to Sarah Hackforth in her new role as TB nurse specialist. Her post (CF research nurse) will be covered by Fran Lloyd, who has previously worked with us on CF research projects.

Congratulations to Sarah Cameron on being promoted to the most senior CF physiotherapy post.

Lisa Hodge (IT specialist) who usually organises the computers is on sabbatical until December. Our admin team are helping out while she is away in order to continue to provide your laptop service, but are short staffed currently. Please be patient with the 'A team'!

Jo W



Henry & Jessica

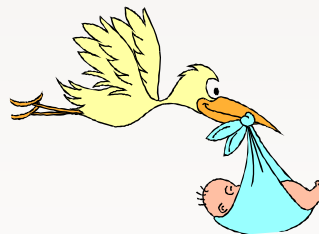


Olivia Kimberley



Alice Rose

... and speaking of babies, ladies ...



If you are considering having children, please talk to the team as you may need to alter or discontinue some medication. This is particularly important for would-be mothers with diabetes as good sugar control is vital for your own health and a successful pregnancy.

We hold a monthly obstetric CF clinic in order to minimize the number of visits for different appointments. All expectant mothers will have glucose tolerance tests as diabetes in pregnancy is very common in CF. Also for those having difficulty conceiving our obstetric colleagues can help.



Website Forum is now live !

Our new CF forum is now live and waiting for you to register.

- Are you a CF patient ? Do you care for someone who has CF?
- Are you a teenager with CF?
- Would you like the opportunity to discuss CF issues with other people?

If so, join the forum today by registering at www.heartlandscf.org





Top Tips for Winter 2009

1. **Linda Smith (CF parent) is forming a group** to support patients and fund raise for our Centre. The first meeting is on Thursday 28 January, at 6pm, in Ward 26 seminar room. For more details contact Linda on 01384 274631.
2. **The swine flu and ordinary flu jabs are separate.** You will need to have both in order to maximise your protection this winter. This can be done on the same day at your GP's, but make sure you feel well before having any immunisations.
3. **If you're being admitted on a Friday**, please arrive by 3-4pm if you want a laptop over the weekend, as many of the admin team work until 4pm only.
4. **Having trouble getting started at the gym?** Our physiotherapy team may be able to help you! They run an evening exercise start up programme which is tailored to your individual needs.
5. **If you find it difficult to cough up sputum**, take a pot home and do the sample on the morning you come to clinic. We are more likely to grow bugs from a sputum sample than a cough swab, which will help you to receive the correct treatment.

Sports Nutrition Advice

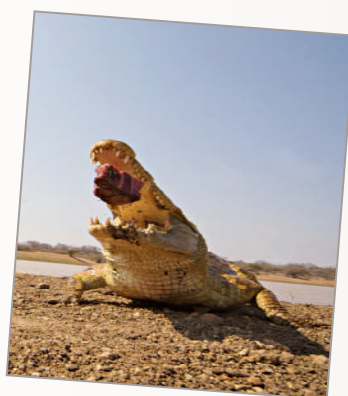
The CF Dietitians are looking for sporty volunteers to help us look at how your nutritional needs change with exercise.

We know lots of you do different activities e.g. cycling, running, walking, rugby, weight training etc and are asking questions about how to change your diet. The dietitians would like to offer a **Sports Nutrition Service** to help you achieve a balance between your CF and participating in sport or exercise.

It would be great to see some of come forward to help us explore this area and give you the best information for your sport or activity. Now is **your chance** to get involved and help us offer you the best service we can.

Please contact the CF Physio team about getting more involved with exercise and the 'Start Up Exercise Programme'. You will also have access to a dietitian who will help tailor a nutritional plan to fit in with your new exercise programme.

Snap Happy!



For more fabulous pictures and the details of Dominic's safari trip, view the full article at our website: www.heartlandscf.org

Web Warning: Beware!

It has been brought to our attention that someone in Facebook is posing as **Fiona King**, the CF Annual Review Nurse Specialist, here, at Heartlands. Patients and staff have been asked to be her friend.

This is **NOT** our Fiona King. Fiona does not have a Facebook account and does not intend to set one up.

We wish to totally dissociate ourselves from any statements made by this impostor.

Our Heartlands Centre is considered to be one of the best in the United Kingdom.

It was opened by the Duke of Kent in 2002 after we had spent 4 years raising the £2.25 million required by our hospital trust. Many individuals, including patients and relatives, charitable trusts, local and national businesses gave their time and money generously.

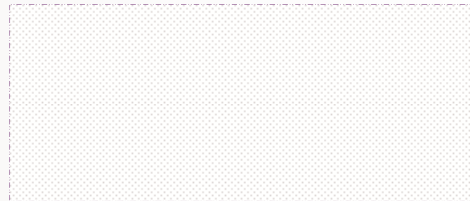
The centre has enormously benefited the quality of care, bringing our patients and professional multi disciplinary team together under one roof as well as keeping our patients safe from infection.

Since our centre opened the appeal has continued to provide benefit in the form of individual room laptops, furniture and other necessary equipment. We have staffed the 'exercise start-up programme', the holistic therapy room and paid the trustee's secretary.

We have funded a CF research doctor in training. We have supported additional training for specialist CF nurses, physiotherapist, dieticians and other staff. None of this could have been provided by our hard pressed NHS, as other centres nationwide have also found.

The Appeal, looked after by our Trustees, has enabled us to maintain a standard of excellence but at some cost. If we are to continue to support our centre at the present level we need to increase our income raising £25 to 50,000 per annum.

Dr David Stableforth



A Marathon Tale!

By the time you have read this I would have completed my first Half Marathon and raised at least £300 for Heartlands CF Unit!

When I started training I thought, 13 miles doesn't actually sound that far and in the car or on a bike, it isn't, but when your short legs have only gone 6 miles and you aren't even half way, you realise the error in your judgement!

Hopefully my weeks of blistered toes, numerous ipod playlists and a dedication to fewer nights out would have paid off and I would have completed the course in 2 hours! Let's hope I also don't have any Paula Ratcliffe moments along the course either!

I need a challenge for the 2010 now, so what will it be?! Maybe a triathlon or a trek up Kilimanjaro or the New York Marathon.....

Remember that you can still donate up to 3 months after the race, please visit www.justgiving.com/beckycfdietitian

A BIG thank you to all those who have sponsored me

Becky J

