




CF in the City

Newsletter for people involved in CF services at the City Hospital.

AUTUMN 2010

Nottingham University Hospitals 
NHS Trust



Fundraising underway!

PRIMARY CONSULTANTS-

Drs Jane Dewar & Andy Clayton

NURSES-Glynis Davison, Katie Hopewell-Brown

Heather Bateman, Fran Corton & Nikki Cooke

PHYSIO-Fiona Haynes Sarah Millward, Geeta Singh & Tracey Hughes

DIETITIAN-

Ruth Chinuck

SOCIAL WORKER

Anne Dealtry & Angela Mills

MENTAL HEALTH

Angus Morrison

RESEARCH

Dr Doug Forrest, Dr Helen Barr and Elaine Holland

Hello Folks,

It's been quite a shock going into the cold autumn weather hasn't it? At the hospital however, news continues to be promising about the new unit. Caroline's Facebook details are on the next page if you want to check out further details on the web. As a result of the developments Jane Dewar will not be around much during December as she will be working on the plans for the unit with the hospital team. Andy Clayton will be covering as much as possible of Jane's clinical work during that time.

Ange Mills and Fiona Haynes have bravely done a 'firewalk' to raise funds for the unit. However they are both undamaged by their experience and several hundred pounds has been raised towards the cause. Let me know if you are involved in any fundraising activities—it would be good to let other people know about it.

The charity ball, attended by staff and Mark and Caroline from the patients advisory group, was a great success. You may be aware that Caroline attracted media interest as she had 'her own party' in an adjoining room to publicise the problems patients face with infection control. You can find out more about Caroline's work under:

www.thisisnottingham.co.uk

Search for 'video link' and 'cystic fibrosis'.

There have been a lot of announcements about benefit changes after the current government's spending review. Please do not worry too much—most changes will take a while before they come into effect and may well not affect our patient group too severely. However Ange and I have made contact with a local DWP liaison officer and hope to have some clearer information from her to pass on soon.

**Anne Dealtry,
CF Social Worker**

CF webpage

There is now a webpage on the hospital site specifically about the CF service.

Have a look at:

www.nuh.nhs.uk/cystic_fibrosis



Fiona 'on fire'!

**IF YOU WANT TO
CONTACT US:**

Anne Dealtry & Angela Mills,
Barnardos
2 Clinton Avenue
Nottingham NG5 1AW

Tel 0115 9691177
Fax 0115 9858616

anne.dealtry@barnardos.org.uk
angela.mills@barnardos.org.uk

CF IN THE CITY

The information in the newsletter is given in good faith but we cannot be held responsible for its accuracy .

**CONTRIBUTIONS
WELCOME**



What do you think of the Social Work service?

Enclosed with this newsletter is a questionnaire from us, the CF social workers. **Please, please**, take some time (not a lot!) to fill this in and send it back to us. You could win a cash prize (just before Christmas!)

The questionnaire is to help us decide what you want from the service, and to get some idea of what you think we do well and where we need to improve.

In the current climate all public services are being closely looked at to make sure that they do a good job and are needed. If the social work service is going to continue to support you, and hopefully, maybe even expand in the future, we need to show that

you benefit from what we do. We want to be as effective as we can.

We now have a new manager at Barnardos, Catherine Mayfield. You can contact her with any questions on 0115 9691177.



Caroline with Heart FM and charity staff

BENEFITS BITS!

Many CF patients have a job and quite a few enjoy their work and get a lot of satisfaction from it. However there are problems that can arise with coping with your CF and managing your employment.

- The CF Trust provide an advice sheet about employment - www.cftrust.org.uk or 0300 373 1000
- The ACAS site - www.acas.org.uk. They have advice pages and a helpline: 0845 7474747
- The government website www.direct.gov.uk has pages on employment rights.

The crucial things to remember about problems at work are:

1. Disability Discrimination law does not mean that you cannot be sacked. It gives you some good facts to use to negotiate about changes to how you work. As a 'disabled' person you can ask for 'reasonable changes' to your work such as working fewer hours or agreeing time off for health appointments.
2. You can be asked to leave your job if you cannot manage to do it any longer—but an occupational health advisor should decide that you cannot do the work.
3. Employers—especially small ones—often don't know much about employment law so always look into anything that worries you. Take someone with you if you have an important meeting about your job. Do not make any hasty decisions—ask for time to think.

CF Contacts

Caroline Spencer

is the local patient who is representing Nottingham CF patients at the hospital and trust meetings about the proposed new CF Unit.

Caroline is continuing to collect your views about what you would like from the unit.

Please contact Caroline on chubbycazz@yahoo.co.uk

Or

07900 682334

Or Facebook

Nottingham Adult CF Unit

You can also contact other local patients on Facebook at 'NottinghamCFs'