On World Hepatitis Day which takes place on 28 July campaigners not only hope to raise awareness of the disease – so assisting its prevention – but also aim to open up access to testing, treatment and care for those afflicted.

The World Hepatitis Alliance says viral hepatitis is the seventh leading cause of death globally, accounting for 1.4 million deaths per year – more than each of HIV/AIDS, tuberculosis and malaria. Together, hepatitis B virus and hepatitis C cause 80% of liver cancer cases in the world.

Viral hepatitis is not found in one location nor amongst one set of people; it can affect millions of people without them even being aware. Currently, 95% of people living with viral hepatitis are not aware of their status.

This can result in the development of fatal liver disease at some point in their lives and in some cases, unknowingly transmitting the infection to others.

Consultant Dr Bob Grover, a gastroenterologist and hepatologist at Hillingdon, said many people have no clue that they are carriers: “Public Health England data estimates that over 3,500 Hillingdon residents have chronic hepatitis B or C,” he said.

“The majority of people with these chronic infections are asymptomatic and do not know that they are affected. Most patients are identified when they have blood tests for other reasons and the liver blood tests are noted to be elevated.”

There are no fewer than five strains of hepatitis – A through to E – each with its own causes and treatments. Treatment and outcomes vary but Dr Grover says the picture is improving.

He said: “Hepatitis C treatment used to require injections and tablets for up to one year, often with significant side effects, and just a 20-60% chance of success.

“However we now have extremely potent and well-tolerated medication that may be as simple as one tablet a day for eight weeks with a 95% chance of permanent cure.”

Now in its eighth year, World Hepatitis Day is being marked at the Trust with an information stall in Main Reception at Hillingdon Hospital all day on 28 July. The Twitter hashtag to follow is #NOhep, and there is information about how to get involved with local, national and even global campaigns at www.nohep.org.
A word from the Chief Executive

A couple of weeks ago I had the great pleasure of hosting our annual Staff Awards ceremony. Now celebrating its fourth year, it’s always a very special occasion (see page 8).

Our staff work exceptionally hard in what are demanding and often stressful roles. For the majority who choose an NHS career it is not just a job, it is a vocation; a calling to give compassionate care and support to very sick people. I have been at the Trust for more than six years, and Chief Executive for five of those years and I am still always humbled by the many heartfelt stories that I hear about our staff from patients and their families. I am extremely proud to be the Chief Executive of such a caring and dedicated organisation, where our staff demonstrate an incredible level of passion for their work. I’d like to thank all of them.

While our staff are truly amazing, key parts of our estate and buildings are not in the best of shape. And it’s little wonder as the main parts of Hillingdon Hospital were opened more than 50 years ago, with some parts even older (see page 10). The way care was delivered half-a-century ago was very different to now. There was less space required for patients, less specialised equipment, and definitely a lot less pressure on services – all reasons that the Trust continues to explore ways we can bring about significant improvements in our building stock for the future. As a nod to our past, we’ve had a look through our archives to bring you a snapshot of what hospital life was like back then. If you have any memories of our past please share them with us.

One thing that has remained consistent throughout the years is the NHS’s core aim to provide the highest possible standards of care and patient safety. The Trust is absolutely committed to this and has recently established a Patient Safety Champions network to help further improve our safety record. We want to engage with as many local people as possible through this initiative. If you would like to join the network see page 6 for details.

I’m delighted that our local Hillingdon Healthwatch has recently published a report praising our maternity services for providing high standards of care (see left). It’s always good to hear patients feel well cared-for.

I hope you have an enjoyable summer.

Shane DeGaris
Chief Executive
The Hillingdon Hospitals
NHS Foundation Trust
**Staff awarded**

The Trust’s Consultant and Surgical Divisional Director, Victoria Cook, and Director of Operations, Melissa Mellett, both recently received a Nye Bevan award. The award is made to healthcare professionals who are developing their role as senior leaders. They were presented with the award by Jim Mackey Chief Executive of NHS Improvement at a ceremony held at the Institute of Engineering in London.

**Radio Hillingdon grabs gong**

Hot on the heels of the revamped radio studios’ official opening by former Hillingdon Mayor Cllr Allan Kauffman, our hospital radio station won the Silver Award in the Best Speech Programme category at the prestigious National Hospital Radio Awards 2017 in March.

The station, which is run entirely by volunteers, entered a five-minute clip of an interview between presenter Jon Herd and Neil Jeffers, a pilot with London’s Air Ambulance charity.

**Remembering Staff Nurse Julie**

Colleagues of ITU Staff Nurse Julie Glover raised money to install a bench and planters in her memory at Hillingdon Hospital.

Julie, who was a well-loved member of staff, died suddenly in June 2015. Her co-workers wanted a fitting tribute and set about raising the cash for two planters and a bench with a plaque. The bench is placed in a quiet corner of Hillingdon Hospital, close to the Maternity building, where staff and visitors can sit outside.

ITU Senior Nurse Manager, Pippa Dorney-Kingdom, said: “We wanted to commemorate Julie, to bring a bit of colour to this spot and a bit of her spirit to the place too.”

**Trust grub perfectly to Prue’s taste**

The Trust has been highly praised by grub guru Prue Leith CBE for the high quality of its food.

Writing in *Taking The Pulse* – a report by The Campaign for Better Hospital Food – the food writer and former judge on BBC’s Great British Menu said the Trust should be proud of the freshness, range and quality of the meals and snacks it provides not just to patients but also to staff and visitors.

Expressing her congratulations to Hillingdon and also Chelsea and Westminster, and Guy’s and St Thomas’s hospitals, Ms Leith said: “These hospitals meet all the basic food standards and also do better on targets like the NHS England CQUIN (Commissioning for Quality and Innovation – performance-related income).

The *Taking The Pulse* survey, carried out last autumn in London alone as a test case, covered 30 of the 39 acute hospitals in the capital.

**Fundraising Friends**

The League of Friends at Hillingdon Hospital has had a bumper fundraising year.

At its recent annual meeting, members heard how the Friends had beaten last year’s total by about £10,000. The cash will be used to buy items for the hospital.

In 2016-17, the Friends bought more than £47,000 worth of equipment for the hospital, including a £14,000 auditory brain stem response system for new born babies and a £4,500 X-Ray stretcher for the Orthopaedics Department.
New ‘Poppa gowns’ introduced
The Trust has recently introduced more comfortable ‘Poppa gowns’ for both critically ill and high dependency patients.

The new gowns, which are currently being trialled, have openings along both shoulders making them better for cardiac monitoring and generally allow easier access.

Feedback from both staff and patients has been very positive, with the mother of one young patient saying they were a very good idea.

During the development and testing stages the new gowns are being supplied by Synergy Health at no cost to the Trust, and in the future they will be provided at the same cost as the standard gowns without poppers.

The gowns have come about as the result of a project undertaken by Hillingdon’s Matron for Medicine, Christine Fitzgerald. She aimed to modernise patient clothing after she was awarded a Florence Nightingale Foundation Scholarship in 2012.

Caring for carers

The Trust understands that life can be difficult for people who are caring for loved ones who are ill or disabled.

Our staff and local carers have been working together to create a more effective carers’ strategy. This will be launched during Carers Week, 12-18 June 2017.

We will be at the Carers’ Fair in The Pavilions, Uxbridge from 9.30am-4pm on Tuesday 13 June. The fair is an opportunity for carers to meet with local organisations and support groups as well as Trust representatives.

You can find out more about Carers Week by contacting Hillingdon Carers on 01895 811206 or www.hillingdoncarers.org.uk.

Spring clean for hospital grounds

The Trust has recently upgraded its grounds-cleaning equipment to help keep its hospital grounds neat and tidy. The new industrial-sized hoover, purchased to better collect dropped litter and detritus, has already made a significant difference at Hillingdon. In addition to carrying out regular clean-ups, the team will be encouraging people to dispose of their litter responsibly.
Passionate about patient safety

Could you be one of our Patient Safety Champions and join the ‘fabulous 15’ public volunteers who have already signed up to this vital role? Or perhaps one of the ‘fantastic 50’ Trust staff members who are already playing a key part in developing patient safety?

Since 2015, the Trust has been a signatory to the Sign up to Safety (Su2S) campaign, and has been developing local protocols to fit in with the national drive toward greater patient safety. Part of the plan is the development of the Patient Safety Champions, drawn from both staff and patients.

The Trust has pledged to put safety first, to continually learn, to ensure honesty, collaboration and support for patients and staff. Our Patient Safety Champions will help us ensure that we are engaging our staff, our patients and their carers to have a strong voice in patient safety, and that we seek out opportunities to work with them, to hear their feedback and to empower them to support us in making patient care safer.

Those already signed up pledged to collaborate with others across the Trust to make improvements, and this group of staff will be coming together via networking events to share their work and to learn from each other on what has worked well and what they may choose to look at next.

Healthcare organisations that are most successful in improving patient safety are those that encourage close co-operation with patients, their carers and families. Patients and their carers or families have a unique perspective on their experience of healthcare and may provide information and insights that our staff may not otherwise have known.

So in March this year, 15 volunteers drawn from members of the public and patients who have a passion for patient safety committed to give a little of their time to work with our staff.

They came together to discuss the role and the types of activities they could be engaged in. This complemented an earlier workshop with Trust staff from both hospitals, at which 50 enthusiastic and committed colleagues pledged their support to be a champion for safety and to take patient safety improvement initiatives forward in their own work area.

The Patient Safety Champions are being supported to help develop in their role, and there will be a programme of training sessions to enhance their knowledge of patient safety and quality improvement processes. The designated role for staff ensures that these individual staff members can act, and be supported, as champions for safety in their own departments and divisions, spreading a culture of safety across the Trust.

The next steps will be to establish the roles in practice, providing support to both our staff and patients who have committed to this endeavour and to bring them together to collaborate and be a strong force in improving patient safety and the quality of care that we provide within our hospitals.

If you are interested in becoming involved as a Patient Safety Champion please contact Lesley Roberts on 01895 279752 or email: lesley.roberts3@nhs.net.
Terry’s roads to recovery

When keen runner Terry Jenkins was floored by an undiagnosed heart problem last summer, he thought his running days were over. But on Sunday 23 April this year, Mr Jenkins, 61, took his place with his wife Michelle and 40,000 others on the start line of the London Marathon.

Terry Jenkins is in no doubt that the cardiac rehabilitation he received at Hillingdon Hospital played a big part in his road to recovery.

“It encourages you to get moving and gives you the confidence to keep moving,” explained the Harmondsworth resident and member of the Datchet Dashers, who underwent six weeks of ‘rehab’ in the Cardiac Rehabilitation Department at Hillingdon.

The sessions – part-therapy, part-support group – give patients the motivation as well as the means to keep their hearts healthy through exercise, increased physical fitness and boosted confidence. Self-belief can take a battering after a heart problem, says Cardiac Rehabilitation Specialist Nurse Antoinette Brennan, and it is vital to meet other people in the same boat.

Mr Jenkins wants to say ‘a huge thank you’ to everyone involved in his care especially Antoinette, plus the Royal Berkshire Hospital where he was first treated, and St Bart’s Hospital, where he underwent a triple heart bypass operation and had an ICD (Implantable Cardioverter Defibrillator) fitted.

It was while he was going through his recuperation that someone told him there was ‘no reason not to get back running’, said Mr. Jenkins, so last Christmas he started gentle training for London. Much of it involved the popular weekly Parkrun in Slough, it was a great part of his rehab as it’s suitable for all abilities and he could stop and walk when necessary.

On marathon day he clocked a respectable 5hr 37min, a bit slower than his only previous London time of 4hr 20min but not bad for a man who had undergone major heart surgery less than a year earlier.

He says he felt no ill effects from his efforts, and encourages others in the same position to get up and get active – even if it doesn’t mean running a marathon.

“I am no different from anyone else, heart surgery is very scary and it’s easy to feel sorry for yourself, sit down and watch television and eat pies,” he said.

“But there’s no need to wrap yourself up in cotton wool.”

For more information about cardiac rehabilitation, and some useful fact sheets, go to www.thh.nhs.uk/services/cardiac_rehab/index.php.
Trust Staff Awards 2017: Our brightest stars shine

Trust staff were recognised for their outstanding work at our annual staff awards ceremony on Friday 5 May.

More than 200 guests attended the celebratory event which formally thanks staff for their contribution to providing high-quality care to patients and their carers.

The awards event has gone from strength-to-strength since it was established by the Trust four years ago. In excess of 200 nominations were made this year, with members of the public nominating in the Compassionate Care category. Winners are a closely guarded secret and only revealed on the night. The evening also celebrated the contribution of 121 staff who had reached a long service milestone with the Trust.

Thanking staff across the whole of the Trust, Chief Executive Shane DeGaris said: “I am incredibly proud to be the Chief Executive of such a caring and committed organisation; a place where people are willing to go that extra mile and really put their heart and soul into their work.”

Congratulations to the winners and all those nominated!

The awards were supported by Hillingdon Hospitals Charity and sponsored by:

Outstanding Teamwork Award: Paediatric Audiology Team
Outstanding Demonstration of CARES Values Award: Jackie Nuth, Ward Hostess, Bevan Ward
Chief Executive’s Team Award: Intensive Therapy Unit
Our brightest stars shine

Outstanding Teamwork Award: Paediatric Audiology Team

Compassionate Care Award: Raffick Hasaennally, Domestic Team, Kennedy Ward

Quality and Innovation Award: Alison Clark, Assistant Audiologist

Chairman’s Award - Promoting Healthier Lifestyles: Outpatient Physiotherapy Team

Chief Executive’s Award: Eilidh Young, Older Adults Therapy Team Leader
Although there has been a hospital close to Pield Heath Road in one form or another since the 18th century, the bulk of the layout of the hospital as seen today – the iconic tower of wards, the ‘podium’ level of offices and clinics, and A&E and Outpatients departments – were formally opened in January 1967.

Construction had started four years earlier, although planning for a modern hospital had been in train since before World War Two. It was interrupted by the conflict in which the grounds and buildings of the original hospital took their share of damage from German bombs. Air raid casualties and service personnel wounded in the Normandy landings were treated here, and the consequent demand for beds led to hurried construction of prefabricated huts.

The immediate post-war years made the need for a fresh start even more obvious. In the words of the then Medical Director and long-time driving force behind redevelopment, Dr William Arklay Steel: “The war shattered all dreams and plans of the future, delayed the building of a new hospital for far too many years,
tal celebrates 50 years

prevented re-organisation of every kind but provided experience from which much profit can be gained in hospital construction and administration in the future."

The National Health Service was born in 1948. This should have given fresh impetus to Hillingdon’s bid to rebuild. But post-war austerity and recruitment problems meant plans continued at a snail’s pace, with only piecemeal development of the site through the 1950s.

In 1960 a new maternity wing was opened by HRH The Duchess of Kent, and in that same year, The Furze building was converted to a nurse training centre, for the princely sum of £3,500.

Finally, on a chilly January day in 1963, with snow on the ground, the first turf was formally cut by Dr Steel, beginning a £3.2 million project that would come to be hailed as ‘one of the finest new hospital developments in the country’ but one which, sadly, he would not live to witness.

Information taken from The Workhouse and Hospital at Hillingdon, Middlesex, 1744 – 1967 by Howard Wingfield.

To help us mark our 50th anniversary, we are looking for images taken at the hospital since 1967. They can be of anything and anyone: a visit to one of our wards or a nurse who looked after you while you were a patient. Perhaps you remember the hospital float in a local carnival?

Please send your photos, with as much detail as possible, either by email to: thh-tr.communications@nhs.net, or send prints to: Communications Dept, Hillingdon Hospital, Pield Heath Road, Hillingdon UB8 3NN. Prints will be returned but please do not send valuable or sentimental photos, as we cannot take responsibility for items lost in the post.
Sun safety

As the warm weather approaches and we go outside to enjoy the sun, remember to be safe and protect your skin from sunburn through a combination of shade, clothing and sunscreen.

When the sun is strong or you’re at risk of burning:
- Spend time in the shade between 11am and 3pm
- Make sure you never burn
- Cover up with suitable clothing and sunglasses
- Take extra care with children
- Use at least factor 15 sunscreen.

When the weather starts to really heat up, there are a few things you can do to ensure you and those around you stay well:
- Shut windows and pull down the shades when it is hotter outside. You can open the windows for ventilation when it is cooler.
- Avoid the heat and stay out of the sun
- Have cool baths or showers, and splash yourself with cool water
- Drink cold drinks regularly, such as water and diluted fruit juice. Avoid excess alcohol, caffeine or drinks high in sugar.
- Identify the coolest room in the house so you know where to go to keep cool
- Wear loose, cool clothing, and a hat and sunglasses if you go outdoors.

Bowel cancer – know the early signs

Tests for bowel cancer are improving but with only the over-60s routinely screened in the UK, we all need to be alert – no matter how young.

The message on bowel cancer from Dr Ash Prabhudesai, a consultant general and colorectal surgeon at the Trust, and his colleagues, is clear: know the early signs.

Although the great majority of bowel cancers discovered are among the 75+ age group, it is entirely possible for younger people to develop this distressing disease. As the national screening programme (in England) is routinely aimed at the over-60s it’s important to be able to spot early symptoms.

Nationally there has been an increase of diagnoses in the under-50s age group, says Mr Prabhudesai. Rates for all age groups have increased by 4% since the 1990s, according to Cancer Research UK. To put that into context, in 2016-17, Trust admissions for colorectal cancer among under-50s accounted for 10.3% of all cases – 30 people.

It is therefore vital to recognise when a trip to your GP might be a good idea. Those in the screening age range don’t always take the time and trouble to use the government’s free stool sampling kit. A 2009 study by the British Journal of Cancer showed that in the ‘most affluent’ areas of London, one-in-two kit recipients returned a sample; in the ‘most deprived’ areas it was one-in-three.

For the rest of the population, those outside the 60-74 age range,
there are signs to watch out for and measures that can be taken.

“Age should not be a criterion if they have seen their GP with symptoms that have not changed for about three weeks,” said Mr Prabhudesai. These would include a change in bowel habits; a feeling of bloating in the stomach; and painless bleeding from the rear passage.

Blood in your stool for a protracted amount of time is a key indicator and also a simple check we can all make. The three symptoms in combination could indicate a problem: frustratingly, they could also indicate something else such as irritable bowel syndrome, so if they tick the ‘three-week’ box, get them checked out by your GP.

The answer may lie within the gut in the form of a polyp – a benign nodule in the intestine which can sometimes turn cancerous. Almost all bowel cancers start within polyps.

The good news is that a colonoscopy – a camera inserted into the colon – will detect polyps in a pre-cancerous stage and these can be removed. A polyp-free, ‘clean’ colon gives a person reassurance about not developing bowel cancer for a few years, at least.

NHS Choices also recommends limiting the amount of processed and red meat to 70g per day, eating plenty of fibre, reducing alcohol intake and stopping smoking to cut the risk of bowel cancer.

The NHS is currently introducing a screening programme for both men and women over 55 in England. This is already being offered to Hillingdon residents.

Known as a bowel scope screening test, it uses a flexible sigmoidoscopy – a tiny camera on a thin, flexible tube – to examine the inside of your bowel.

Colorectal surgery facts

How long does a typical operation take? Anything from 90 mins to six hours, but anaesthetic time could increase that by up to an hour.

How many surgeons carry out an operation? Always two, but sometimes as many as five or six. For very long operations, teams double up.

How many operations are carried out each year? Typically 200 major operations a year but not all for cancer. Some are for diverticular disease, others for colitis and Crohn’s disease.

Are there any developments in colorectal surgery? More than 75% are completed with laparoscopic (keyhole) surgery. There is a growing interest in microscopic surgery for very early cancers, thus avoiding the need for major surgery.
Maleeha Mansur: Junior Doctor in Obs and Gynae

Maleeha Mansur’s journey to becoming a junior doctor began rather unusually with studying physics at Cambridge University.

Maleeha was all set for a life in research, however, she became interested in the world of physiology and embarked on a medical career.

Graduating in Medicine from Imperial College London, Maleeha joined Hillingdon Hospital as a foundation doctor in 2014. Now, in her third year, she talks about her unpredictable and challenging role as a junior doctor in Obstetrics and Gynaecology.

With an 8am start, the day often begins with either a departmental meeting or teaching by the registrars or consultants on topics such as shoulder dystocia and urogynaecology.

By 8.30am, it’s time to see the ladies who have given birth the previous day. I begin by reading all of the medical notes of the patients’ pregnancies and look through their pre- and post-delivery bloods. At any time, I can be bleeped and called to Maternity Triage where pregnant women come in with symptoms which can range from the normal physiology of pregnancy to life-threatening conditions. The remainder of the morning is spent with the other doctors reviewing patients.

As we get to the afternoon, I hand over to staff coming onto the afternoon shift. After lunch, my day can take a number of turns, I may be bleeped to review patients in A&E with my registrar, or have to assist in theatre if an emergency operation is necessary. I may also need to review patients in the Early Gynaecological Ambulatory Unit (EGAU) - patients attending here are naturally very anxious and emotional about the future of their young pregnancy. Empathy and compassion is crucial in EGAU as sometimes I am giving patients sad news and discussing the difficult decisions that follow.

On some days I may be covering the Gynaecology Ward round and attending ward rounds with the consultant and house officer to see all of the inpatients. Other days, I will be on the Labour Ward, assisting with instrumental deliveries or caesarean sections. In my role, I also have the opportunity to join in antenatal or gynaecology clinics or hysteroscopy sessions. The role is filled with variety and one thing can be guaranteed in Obstetrics and Gynaecology – time goes very quickly. No two days are the same and a range of challenges are faced every day. However, it is these challenges which make being a junior doctor so exciting and enjoyable.

I love what I do and want to stick with it. For the future, I hope to embark on a life-long career in Obstetrics and Gynaecology and once sufficiently skilled to go further afield and increase maternity standards in the developing world.
Caring for childhood allergies

The Paediatric Allergy Team at Hillingdon Hospital offers a dedicated multi-professional service run by three Consultant Paediatricians and three Clinical Nurse Specialists. They all have expertise and extensive experience in paediatric allergy and related atopic diseases, including asthma, eczema and rhinitis.

This valuable service, based in the Trust’s Paediatric Department, offers two consultant-led clinics on Tuesday and Wednesday mornings, as well as a nurse-led clinic on Thursday afternoons. The team also offers an evening clinic on a monthly basis primarily aimed at school-aged children and/or working parents.

Between them, they manage a wide range of allergic conditions including food allergies, chronic urticaria (hives) and angioedema (rapid swelling beneath the skin), allergic rhinitis, eczema and multi-systemic allergic conditions including asthma.

Children with a suspected allergy will have an initial consultation in the relevant allergy clinic where allergy testing will be undertaken. Diagnosis, management and advice will be provided, along with any training that may be needed, for example with an Epipen, asthma inhaler or nasal spray.

Those with suspected food or antibiotic allergies will undergo a diagnostic test (known as a challenge) in our Children’s Day Care Unit.

Following diagnosis, the team will liaise directly with a child’s school or nursery to ensure that their treatment plan and care is managed effectively when they are there. To increase awareness and understanding of allergies, the team also provide training workshops for school and nursery staff, as well as other care professionals.

The Trust is part of the national Itchy Sneezy Wheezy Project – which aims to recognise and treat allergies in young children at an early stage. The project, already established in the borough, is being expanded across Hillingdon with three specialist nurse-led asthma clinics running in GP surgeries. It is hoped that allergy care will become an integral part of this project in the future.

So what’s next for the team? With a passion for helping children with a range of allergies, they hope to create a regular joint Paediatric Dermatology and Allergy Clinic as a one-stop service. This joined-up approach would benefit the many children with moderately severe eczema that the team see.

Fact file

- Approximately 140 children are seen in our allergy clinics each month
- The most common food allergies we see in children are to cow’s milk and eggs
- The percentage of children diagnosed with allergic rhinitis and eczema in the UK have trebled over the last 30 years
- Approximately 40% of infants and young children with moderate to severe Atopic Eczema have a food allergy, with hen’s egg, cow’s milk, soy and wheat accounting for about 90% of allergenic foods
- Most food allergies affect younger children under the age of three. It’s estimated around one in every 14 children of this age has at least one food allergy
- Most children who have food allergies to milk, eggs, soya and wheat in early life will grow out of it by the time they start school
- Peanut and tree nut allergies are usually more persistent. An estimated four out of five children with peanut allergies remain allergic to peanuts for the rest of their lives.
Trust governors

Following the governor elections held earlier this year, our newly appointed governors are:

**Elected Public Governors**

**North**
- Mr Graham Bartram
- Mr Ian Bendall
- Mr Robin Lauder
- Mr Tony Ellis

**Central**
- Mr Ian Burnell
- Mrs Rosemary Jenkins
- Mr Terry Thompson
- Mr Mohan Sharma

**South**
- Ms Chris Commerford
- Mr Keith Saunders
- Mrs Doreen West
- Ms Rekha Wadhwani

**Rest of England**
- Mrs Mandy O’Brien

**Elected Staff Governors**

**Doctors & Dentists**
- Dr Ari Basu

**Nurses, midwives, HCAs**
- Mrs Sheila Kehoe
- Mrs Gillian Pearce
- Mrs Sheila Bacon

**AHPs**
- Mrs Lubna Hussain

**Support Staff**
- Mr Stephen (Nkem) Ihuanne
- Mrs Dee Fisher

**Appointed Governors**

**Hillingdon Healthwatch**
- Mr Graham Hawkes

**London Borough of Hillingdon**
- Mrs Mary O’Connor

**London Ambulance Service**
- Ms Pauline Cranmer

**JNCC**
- Ms Nicola Batley

**Hillingdon CCG**
- Dr Angela Joseph

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**People in Partnership meetings**

The remaining dates for the People in Partnership (PIP) meetings for 2017 are:

- Tuesday, 11 July at the Education Centre, Hillingdon Hospital
- Tuesday, 14 November at Education Centre, Hillingdon Hospital

All meetings start at 7pm, with refreshments served from 6.30pm. Agendas will be posted on the Trust website closer to the individual meeting dates.

For further information please contact thh-tr.foundation@nhs.net.

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**Top Tweets**

Follow @HillingdonNHSFT for news, updates, information, jobs and public involvement.

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@RUFUS4FRANK
Thx to @HillingdonNHSFT! #Hearattack yesterday morning. Day later, cared for & happy to be alive still. Amazing staff & ambulance service!

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@widswill_76
What other job allows you the privilege of treating an age range from 11 weeks to 100 years in a day #respphysio

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@TheACPRC
@HillingdonNHSFT

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@purser_nick
Outstanding care yesterday for my 3-year old son from @HillingdonNHSFT. We are so grateful for the brilliant people in the #nhs @NHSMillion

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@caliandris
My mother is undergoing surgery, having fallen downstairs yesterday. Thank you to all @HillingdonNHSFT Hospital who are caring for her. xxx