

## Welcome to our winter edition



Throughout the next few editions of our newsletters we will be introducing you to members of our team that you may or may not be familiar with.

Kate is our Physiotherapist, she says 'I have worked at the children's hospital in Bristol for 6 years. Prior to this I worked as a children's community physiotherapist in Gloucestershire. I moved to join the benign haematology team with Laura in November 2021. I've really enjoyed developing my skills and knowledge around benign haematology, as well as getting to meet all our patients and their families.'



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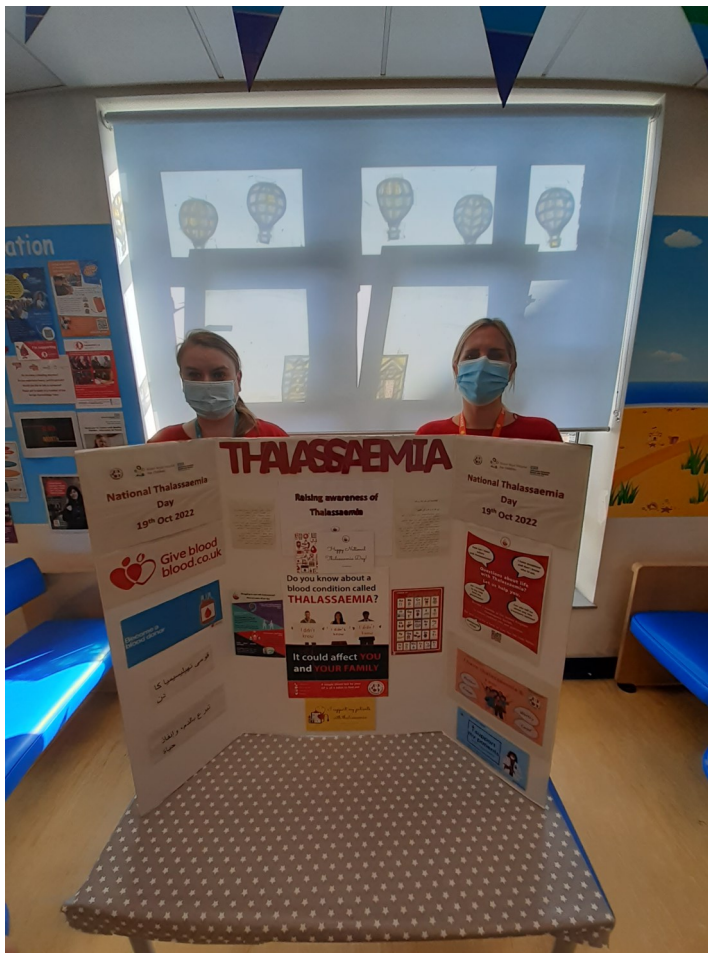
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## Thalassaemia



The 19th of October was National Thalassaemia Day. We raised awareness here in Ocean Unit along with Melanie Marsh - our adult services support worker.



## Sickle Cell



We had the pleasure of welcoming Greg from Bristol Oscar to a clinic in October. Greg said:

“Hi, my name is Greg Davis, I am the Chair of OSCAR Bristol; OSCAR is an acronym for Organisation For Sickle Cell Anaemia Research. We are based in the Sickle Cell and Thalassaemia Centre, at 256 Stapleton Road in Easton, Bristol.

We are a Charity that helps to improve the quality of health and well-being for individuals and families living with Sickle Cell and Thalassaemia by offering the following services, but are not limited to these:



- Patient support
- Mentoring and Befriending
- Advice, Guidance & Information
- Social Events & Outings
- Workshops & Health Promotion Events
- Positive Activities for Children & Young People
- Volunteering, Training & Education

It was a privilege to spend time on the Ocean ward at Bristol Royal Hospital for Children, to get an understanding of the work that Hayley and the team do in supporting children and families that are affected by Sickle cell and Thalassaemia, and also how we can collaborate moving forward.

It was also good meeting and speaking with children and parents on the ward, hearing their experiences and sharing what we do and how we can help them. Many thanks Hayley and the team for the invitation”.



OVER THE WALL



Hello!

My name is Becky, and I work for Over The Wall children's charity. Over The Wall is a charity that provides free-of-charge activity camps for children and young people (aged 8-17 years) with health challenges, as well as for their siblings and the whole family! I'm really excited, along with your team at Bristol Royal Hospital for Children, to help lots of families to access our free and transformational camps.

An Over The Wall camp is a magical place, where you can make friends and memories to last a lifetime. All our activities are designed not only to be loads of fun, but also to boost self-esteem and independence. You can learn just how much you're capable of!

We offer a medically and physically safe environment that allows you to get away from home and some of the day-to-day pressures of life. At camp, you can step outside of your comfort zone, establish friendships and build confidence through meaningful and exciting activities.

During a day at camp, campers might take on the climbing wall, create a piece of art, solve puzzles, play games, and whiz down a zipwire. And, when we say 'camp' we don't mean tents; we provide comfortable accommodation with beds!

As well as by our staff team, you'll also be supported by our wonderful volunteers, both clinical and non-clinical. Our clinical volunteers take care of each camper's medical and care needs. They're all fully qualified Doctors, Nurses and Paramedics and are led by our own Over The Wall Nursing Team.

We run camps at selected sites around the UK, and offer transport hubs from certain UK cities, all free-of-charge. Our Health Challenge and Sibling Camps are 4 nights long. Siblings can choose to go to the same camp, or different camps – the choice is yours! Our family camps are 2 nights and for the whole family to come and enjoy together!

Our 2023 South Health Challenge and Sibling Camp is from Monday 3rd – Friday 7th April, at St Mary's School in Ascot. We are running pick-up and drop-off transport from Bristol, Southampton and London.

You can also experience the magic of OTW from home! Camp in the Cloud is an inclusive and engaging experience, where campers and families can experience the magic of Over The Wall without having to leave home. You'll be sent your very own Seriously Fun Box in the post; this contains everything you need to take part and is packed full of games, activities, useful and meaningful resources, as well as other goodies and surprises!

During the 1-day camp, you're given exclusive, password-protected access to our online platform, where you can engage with a mixture of real-life and virtual activities and games. Camp in the Cloud provides valuable opportunities for you to interact in real-time with others who are on the same camp, through secure message boards and video calls (all facilitated and monitored by our staff team). Our live calls include quizzes and other fun activities.

Plus, you can keep that magic going all-year-round, with Camp365. Our virtual Camp 365 platform offers a range of online activities, events, and workshops 365 days a year. There are loads of great activities that you can do at a time that suits you and these are added to on a regular basis. You'll

also be able to interact with other campers when joining in with online workshops, events and Cabin chats, or posting on a secure message board.

Our other 2023 camps include an OTW Family Camp, an Anthony Nolan Family Camp, more Health Challenge and Sibling Camps and a family Camp in the Cloud. Applications are open now, and we advise applying as soon as you can! You can apply via our website at [otw.org.uk](http://otw.org.uk), or you can ask someone in your hospital team to refer you, so that we can chat with you, and you can ask us any questions first.

I hope to see you having fun at a camp next year!

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Call Anna, Laura and  
Morag CNS's on  
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Or Hayley Benign  
Haematology Family  
Support Worker on  
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If you would rather receive this news-  
letter in another format, for example  
via email or post, please let us know.  
Also if you wish not to receive a copy  
please let us know using the details  
provided.

Energy bills and the cost of living is affecting us all. Below are a few websites  
which can help you with finances and cook nutritious meals on a budget:

[Cookingonabootstrap.com](http://Cookingonabootstrap.com)  
[Moneysavingexpert.com](http://Moneysavingexpert.com)  
[Citizensadvice.org.uk](http://Citizensadvice.org.uk)  
[Stepchange.org](http://Stepchange.org)

If you are struggling to keep up repayments on your household bills always  
discuss with your energy provider, mortgage provider or housing officer.