

Welcome to our winter edition



On the 21st December we said goodbye to Anna, we wish her well for her retirement and hope she enjoys her travels around the globe. She would like to say thank you for all your kind wishes and gifts.



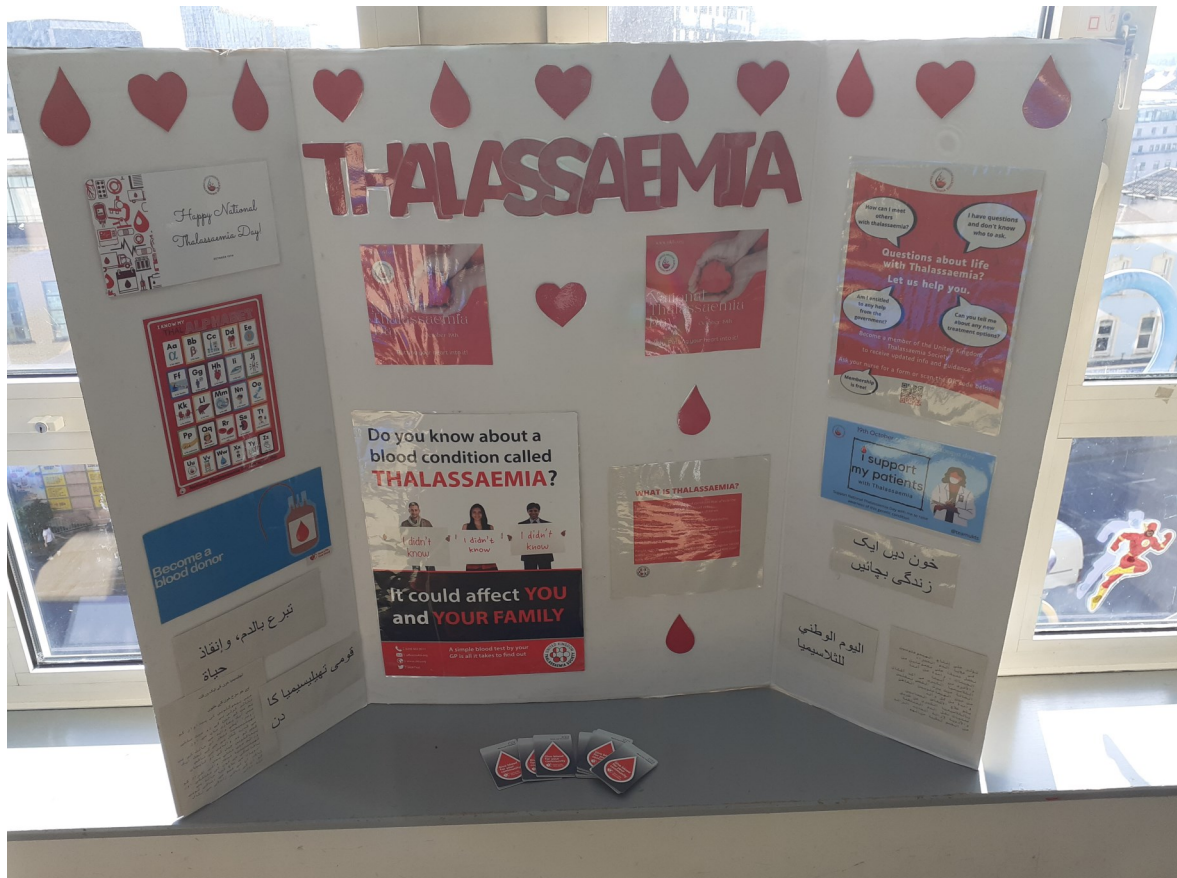
Inside this issue:

<i>Thalassaemia News</i>	2
<i>Over The Wall</i>	3
<i>Team Updates</i>	4

Thalassaemia



The 19th of October was National Thalassaemia Day. We raised awareness here in Ocean Unit.



We have also spoken with Becky from Over The Wall Camps

Hello!

We're the team at Over The Wall children's charity. Over The Wall provide 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! We're really excited, along with your team at Bristol Royal Hospital for Children, to help lots of families to access our free and transformational camps.

At an Over The Wall camp, 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 your self-esteem and independence. You can learn just how much you're capable of!

The medically and physically safe environment at camp allows you to get away from home and some of the day-to-day pressures of life. Camp is somewhere you can step outside of your comfort zone and build confidence through fun and meaningful activities.

During a day at camp, you might want to take on the climbing wall, create a piece of art, solve puzzles, play games, and whiz down a zipwire. There's something for everyone! 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 be supported by our wonderful volunteers, both clinical and non-clinical. Our clinical volunteers take care of each camper's medical needs. They're all fully qualified doctors, nurses and paramedics, led by our own Over The Wall Nursing Team.

We run camps at selected sites and offer transport hubs from certain cities (including Bristol), all free-of-charge. Our Health Challenge and Siblings Camps are 4 nights long. Siblings can choose to go to the same camp, or separate camps. Family camps are 2 nights, for the whole family to come and enjoy together!

Our 2024 South Health Challenge and Siblings Camp is from Monday 8th – Friday 12th April, at Bryanston School in Dorset. We're running pick-up and drop-off transport from Bristol, Southampton and London for this camp. Our South Family Camp is from Friday 12th April – Sunday 14th April, also at Bryanston. There will also be transport from Bristol for one of our Midlands camps.

Applications are open now, and we advise applying as soon as you can! You can apply via our website at otw.org.uk, or you can ask someone in your hospital team to refer you, so that you can chat with us and ask any questions first.

Our other 2024 camps include an Anthony Nolan Family Camp, plus more Health Challenge and Siblings Camps and Family Camps. Find all dates and information about our other services including our camp-from-home experience at otw.org.uk.

We hope to see you having fun at camp soon!

Becky



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Call Helen and Morag
CNS's on 01173428721

or
07747004996 or
07920545620

Or Hayley Benign
Haematology Family
Support Worker on
01173420658

If you would rather receive this newsletter in another format, for example via email please let us know. Also if you wish not to receive a copy please let us know using the details provided.

Prescription requests

If you are running low on medication please could you give us at least one months notice to enable us to get the prescription written then dispensed by Boots. Currently Boots at the BRI are experiencing a huge demand for their services and prescriptions are taking between 3-4 weeks to be prepared.

Giving us prior notice will enable us to ensure that your medication continues without any delays.

Home Visits

Due to changes within the team we are currently operating with two nurses until Laura returns to the team in the spring. We may not have capacity to continue home visits to take blood during this time and ask that you visit us on Ocean Unit instead. We are sorry for any inconvenience this may cause but we hope this may change in the future.

We thank you for your patience and understanding. You are welcome to discuss this with the team if needed.