

Welcome to our winter edition



Inside this issue:

We are aware that over the last year there have been many staff changes within our team. We recognise this can be unsettling but rest assured we are still here to support and advise you. Please see photos below which will enable you to put some faces to the names. Of your benign haematology team.

<i>Joke for winter</i>	2
<i>Birthday bus</i>	3
<i>Support group</i>	4
<i>Thalassaemia day</i>	5
<i>Contact details</i>	6



Katrina Riley
Clinical Nurse
Specialist



Sophie Smith
Clinical Nurse
Specialist



Hayley Wiles
Benign
Haematology
Family Support
Worker



**Helen
O'Keefe**
Clinical Nurse
Specialist

Joke for the winter.....

What do you call a snowman in August?

A puddle



A big thank you to Southmead Hospital for inviting our team to their National Interfaith Week at the beginning of November. Hayley Benign Haematology Family Support Worker and Melanie Adult Haemoglobinopathies Support Worker attended to raise awareness of Sickle Cell and Thalassemia. It was great to meet so many people and to initiate those really important conversations.

FREE BUS TRAVEL FOR A MONTH.

And so much more...



WEST

Free birthday bus travel!!

Apply now to get free bus travel for the whole of your birthday month, on almost every bus in the region. That's unlimited free trips to shops, nights out, drinks with mates, your work commute, or whatever you choose - for a whole month.



It's all thanks to funding secured by West of England Mayor Dan Norris and the West of England Mayoral Combined Authority, in partnership with North Somerset Council.

All you need to do to claim your free bus travel (in most cases) is to complete the short application form and upload a photo (a selfie is fine). We'll then check your application and send your FREE bus pass to you before your birthday. And don't delay, even if your birthday is months away, you can apply anytime.

If you signed up last year, you'll be automatically fast tracked this time. You will receive an email within the next two days, simply click on the link to reapply, no need for a new photo or to complete a new application form, we'll sort it all. If any of your details (e.g. address) have changed, please click the second click in the email to amend your existing application.

Under 21? Get two months free...

You can now get free bus travel for the whole of your birthday month, plus the following one, if you apply before your 21st birthday.

If you are applying for a child under 18 years of age you will need to provide further proof of their identification. Please visit www.birthdaybus.co.uk for more information or to register

We successfully started our young person's group in October half term. If you are interested in attending please scan the QR code or call Hayley on the telephone number below



University Hospitals
Bristol and Weston
NHS Foundation Trust



Bristol Royal Hospital
For Children

Support group for young people living with Sickle Cell or Thalassaemia

We are inviting you to attend a support group with other young people with a focus on transition and transferring to adult services.

The group will be for young people between the ages of **14-18 years old**. It will give you the opportunity to meet and chat with others experiencing the same health condition as you.

The venue will be confirmed once we have an idea of how many people would like to attend. We do promote independence however if you would like to bring a parent/carer we can provide refreshments and a waiting area.



Sarah Muddle
Psychologist



Amy Caswell
Psychologist



Hayley Wiles
Support Worker



Mel Marsh
Support Worker

Please sign up via QR code or
<https://forms.office.com/e/DNAPCT2XJh> or
let Hayley know via call or text on
07423743483 or 01173420658



Sign up here

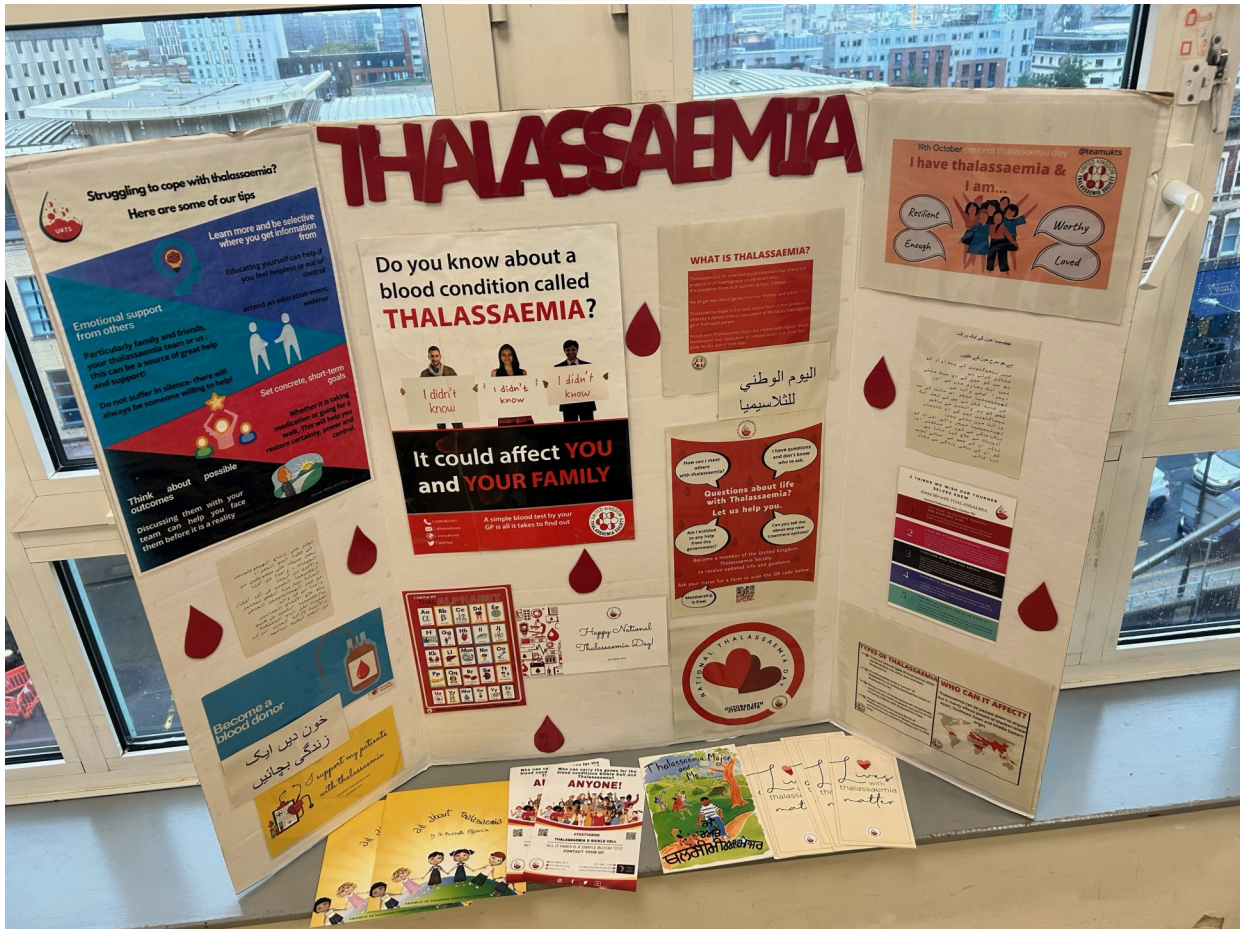


We know that most of you provide many hours of unpaid care to your children due to them having a long-term health condition. This can lead to you missing out on work and participating in social activities. We also know that self care is very important. Everyone over 18 years old that provides unpaid care is entitled to a carers assessment.

This assessment can provide:

- Financial advice
- Respite care
- Access to meeting other carers
- Advice on adaptations to your home
- Provide access to well-being support, exercise classes and adult education.

For more information please go to:
www.carersuk.org or www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-carers/carer-assessments/



On October 19th it was Thalassaemia Day and we raised awareness in Ocean Unit

Did you know?

- There are an estimated 700,000 babies born every year that are severely affected by Thalassaemia
- It is also estimated that 100 million people worldwide are living with Thalassaemia trait

Please Remember

Bristol Children's Hospital
Upper Maudlin Street
Ocean Unit, Level 6
Bristol BS2 8BJ

Call Helen, Sophie or
Katrina CNS's on
01173428721 or
07747004996 or
07920545620

Or Hayley Benign
Haematology Family
Support Worker on
01173420658

If your child is running low on medication that we normally prescribe please give us at least 3-4 weeks notice. This will enable us to ensure you receive your child's medication in a timely manner. Thank you

As we know living with a long term health condition can have a huge impact on the whole family.

Would you like to meet and talk with other parents? Or would you like to be a parent supporter?

We would like to facilitate parent/carer meetings. These can be held face to face or virtually. If you would be interested in this please call Hayley to discuss

We have found parent to parent support to be very beneficial. If you would like to volunteer to be a parent supporter please give Hayley a call to discuss.

S U P P O R T

Is your child attending nursery or school? Please ask Hayley if you would like her to deliver some training around your child's condition.