



## Welcome to our summer edition



As you know we are introducing you to members of our team which you may not have met yet.

### Meet Helen

We are very pleased to introduce Helen our new Clinical Nurse



Specialist. You may already recognise her from working in Ocean Unit for nearly 20 years!!!! Helen told us “I’m very excited to be joining the team in this new role and getting to meet lots of new and old families as your new Benign Haematology Clinical Nurse Specialist”

### Inside this issue:

---

*Make a move* 2

*Summer Guidance* 3

### Baby News

We are also pleased to announce that Laura our Clinical Nurse Specialist has given birth to a beautiful baby boy called Max, weighing nearly 9lbs!! We are sending them our best wishes.



### Goodbye Charlotte!

Sadly Charlotte our Clinical Psychologist is leaving us to move onto new adventures. We wish her all the best with the future and thank her for all the support she has given us and our families.

Don't forget to register your interest for Make a Move,  
places are limited!

**SAVE THE DATE**

**MAKE A MOVE!**  
with Bristol Royal Hospital for Children  
Together...through treatment and beyond.

**SATURDAY  
2 SEPT  
2023**

**A day of different sporting activities  
for patients both past and present.**

Patients 0-16 under the care of the  
Oncology and Haematology Department.  
*Parents and siblings also welcome!*

**Limited spaces  
so register your  
interest now!**

TeamBath Sports Training Village,  
University of Bath,  
Claverton Down, Bath,  
BA2 7AY

[make-a-move.org.uk](http://make-a-move.org.uk)

FUNDED BY  
THE GRAND APPEAL

BRISTOL CHILDREN'S  
HOSPITAL CHARITY

**Bristol Royal Hospital  
For Children**

**NHS**  
University Hospitals  
Bristol and Weston  
NHS Foundation Trust

The Grand Appeal®. Registered charity 1043603. © &™ Aardman Animations Ltd 2023. All rights reserved.

# SUMMER GUIDANCE

Hydration is very important throughout the year however especially important in the warmer months, during and after physical activity.

We would recommend 6-8 cups of fluid per day. For younger children smaller amounts of 120-150mls per serving. Older children needing larger drinks 250-300mls per serving. If it is easier to measure fluids these are the guides for ages:

4-8 year olds : 1.1-1.3 litres per day (1100-1300ml)

9-13 year olds : 1.5-1.7 litres per day (1500-1700ml)

## Top Tips:

- Ensure children and young people have a drink when they wake up, before school and take a drink to school/nursery or on trips
  - Parents/carers to offer drinks regularly
- Ask your child's school to support you in encouraging them to drink throughout the day
  - Use reward charts
- Remember that some foods have high water content which can help with hydration i.e fruit, vegetables, soup and yoghurts
  - Make a child's water bottle appealing, use stickers or provide them with a bottle of their favourite character/colour
- Be an example—show them how you drink or make it into a competition
  - Try adding fruit to make it look appealing and tasty

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

Call Anna, 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.

As the new September school term is approaching please remember that Hayley is available to deliver advice and virtual training to all childcare settings, around your child's condition. Please contact her on the telephone number above if this is something you would like her to do.

