

## Welcome to our autumn edition



As some of you may know, Anna will be retiring on the 21st Dec after 21 years of being a Lead Nurse for Benign Haematology, with a total of 38 years within the NHS. She will be very much missed by staff and patients and we thank her for the dedication and hard work she has given Bristol Children's Hospital. We wish her all the best for her retirement and the future.



Anna says "Working as a Lead Nurse for Benign Haematology was always my dream job. I have enjoyed my time working with colleagues, families, children and young people immensely. I will now spend my time relaxing, resting and enjoying holidays".

The team will continue with our CNS's Morag and Helen.

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Do you live in Bristol, Bath and North East Somerset, North Somerset and South Gloucestershire? Please visit the website below to apply for free bus travel for the whole month of your birthday. This also applies to park and ride services. Visit [www.birthdaybus.co.uk](http://www.birthdaybus.co.uk)



You may be aware that Bristol now has Clean Air Zone restrictions in place which include around all the central Bristol hospitals. To check if your car is exempt from charges or if your health/financial circumstances mean you are exempt please check the following websites:

[www.bristol.gov.uk/residents/streets-travel/bristols-caz](http://www.bristol.gov.uk/residents/streets-travel/bristols-caz)

[www.uhbristol.nhs.uk](http://www.uhbristol.nhs.uk)

Did you join us for our brilliant make a move event on the 2nd Sept?

Please scan the QR code to answer a few questions about the event and how we can assist enabling participation from all our patient groups.



During the month of September ourselves and our adult team raised awareness of Sickle Cell. We used the reception areas in Bristol Children’s Hospital and Bristol Haematology and Oncology Centre to share information and promote blood donation. This enabled us to have conversations around the condition with patients and members of the public to increase knowledge and awareness.

Greg from Bristol Oscar also joined us last week, he is also running an event on the 23-24th Oct, please see picture below for more information.



**HALF-TERM  
YOUTH TAKEOVER**

FOR YOUNG PEOPLE AGED  
10-17 YEARS OLD AFFECTED BY  
SICKLE CELL & THALASSAEMIA\*

**23-24  
OCT**

**ACTIVITIES**

- Music Workshops
- Sound Engineering Training
- Drama Workshops
- Personal Development Sessions
- Plus Much More!

For more information or to register your child please contact OSCAR Bristol on 0117 9512200 256 Stapleton Road, Bristol BS5 0NP or scan QR code

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  
Email:  
hayley.wiles@uhbw.nhs.uk or  
paedbenignhaemcns@uhbw.  
nhs.uk



Sleep - It can be challenging trying to resume a normal sleeping pattern following the school holidays and the clocks changing in October. We know that sleep plays a very important part in our health and well-being. The following steps may help aid children, young people and adults sleep.

- Avoid large meals before bedtime
  - Avoid caffeinated drinks before bedtime
  - Is your bedroom environment relaxing? Is your bed comfy? Bedrooms should be cool and not too warm with a comfortable bed.
  - All electronic devices should be turned off at least an hour before bedtime. The blue light from our screens can lower the melatonin in our brains making us less sleepy.
- For more information please see:  
[www.thesleepcharity.org.uk](http://www.thesleepcharity.org.uk)

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.