

# News in Views

Issue 13 Winter 2007



## The Time Capsule Ceremony at Whiston Hospital

# Our Hospital - Our Steven

*Simply the Best!*



Molly, Alex and Steven prepare the contents to go into the time capsule!

A special person was needed for a special occasion, when we buried the 'Time Capsule' in the ground of the new Whiston Hospital.

Liverpool FC Captain and legend Steven Gerrard MBE, kindly came along to the hospital to help the children of Whiston Willis Community Primary School fill the time capsule with the memorabilia.



Ann Marr, Chief Executive, Steven Gerrard, Paul Clark, Vice Chairman with school children, Alex Peel and Molly Croft.

*See inside for the full story and what made Steven Gerrard laugh!*



### What's inside:

Bertha's 90th birthday



Chairman, Mavis Wareham, retires



Tache Wars

Patrick Joyce runs the marathon



★ Employee of the Month

Plus: Lottery Did You Know?

# Christmas Message from the Chief Executive

2007 has been a very exciting and challenging year for the Trust. The re-development of both St Helens and Whiston Hospitals has progressed at a rapid rate. When you think the building work only started in July last year, to see both hospitals at the stage they are now, this has been an astonishing achievement by everyone involved.

St Helens Hospital will be finished and operational in Autumn next year. Whiston Hospital will follow only two years later in 2010, which will soon be here. The excellent standard of care our patients have received has been recognised throughout the year by the many external organisations which carry out assessments. Earlier this year, the Trust achieved Teaching Hospital status, this too is fantastic news. All the achievements of our organisation, would not happen without the commitment and dedication of all our staff. I would like to thank you all for your hard work throughout the year, and wish you all a Merry Christmas and a very happy and healthy new year.

*Ann Marr*



## Christmas Services



Chapel, Whiston Hospital

**Sunday 23rd December** 11am – Mass • 2.00pm – Holy Communion

**Christmas Eve** 2pm – Carol singing on the wards with the Salvation Army band

**Christmas Day** 11am – Mass







# Bertha's 90th Birthday

Bertha Heyes MBE is an amazing lady who has recently celebrated her 90th birthday. Bertha has worked at the Trust for 51 years as a volunteer with the St Helens Hospital League of Friends team, and over the years has helped to raise thousands of pounds which has contributed to buying many pieces of equipment for patients. Bertha is pictured receiving flowers, and a gift at a special lunch provided for her by the Trust Board.

Ann Marr, Chief Executive said "Bertha is incredible, she is still working hard, and continues to raise money for St Helens Hospital. On behalf of everyone at the Trust I would like to sincerely thank Bertha for everything she has done and congratulate her on this special occasion".



**Bertha Heyes (4th left) with her daughter, friends and Members of the Trust Board.**



## Mavis Wareham has retired as Chairman of the Trust



**Ann Marr, Chief Executive presents Mavis Wareham with a gift from the Trust**

**Annual Awards Presentation Evening which Mavis affectionately referred to as the Hospital Oscars!!**

**Mavis Wareham has retired as Chairman of the Trust after being here for seven years.**

As you can imagine we did not let Mavis go without a party. Many members of staff gathered at the Post Graduate Centre to say their farewells. Ann Marr, Chief Executive spoke warmly about Mavis's career at the Trust. Ann highlighted to everyone Mavis's involvement in the many activities of the Trust, particularly the

Mavis has retired to her home county of Wiltshire to be close to her family and friends. It seemed fitting and appropriate that one of her gifts was a canvas displaying the waterfront of Liverpool, as a reminder to her of her time spent in Merseyside.

# Burying the Time

When the occasion arrived to plan to bury the time capsule for the new Whiston Hospital, there was never going to be anyone better to ask to perform the officials than our most famous baby to be born at Whiston Hospital, Liverpool FC Captain Steven Gerrard MBE. Despite a hectic schedule with commitments to both the England football team and Liverpool FC, Steven did not hesitate to kindly come along to the event.

On a blustery day in November, Steven arrived at the hospital with some members of his family, and made the short walk to the construction site, close to the new hospital, where the event was planned to take place. From the moment Steven arrived, he was greeted by members of staff, who were armed with mobile phones, pen and paper. An autograph and photograph of their hero was their dream, and Steven graciously obliged along the route.



Steven puts on his gloves ready to fill the time capsule



Some of the crowd inside the marquee

Inside the marquee, the children of Whiston Willis Community Primary School, took their seats, alongside many members of staff and local dignitaries. Head boy and girl Alex Peel and Molly Croft were VIP's too. They assisted Steven when the contents were placed in a specially made lead capsule which has a lid inscribed with the details of the event.

Displayed on a very long table was a number of items, especially chosen to fill the time capsule. The children had produced an excellent work book which showed a number of interesting pieces of work. They had carried out surveys on the most popular names, favourite foods, and favourite television programmes. Photographs of the existing hospital, plans and pictures of the new hospital, coins of the realm, newspapers of the day were among some of the many items which Steven, Molly and Alex placed in the capsule.

Steven signed one of his famous red Liverpool shirts and a scarf, which will be displayed in the main entrance close to where the time capsule will be buried in the new hospital. He declined to accept an offer to sign for Sunderland FC which made him laugh a lot for some reason??!!

'Stevie G' signs a Liverpool FC scarf





# Capsule



The finale came when one of the huge tower cranes, which have become a significant part of our skyline now, lowered a cage holding Father Christmas, much to the delight of everyone. A 'golden hook' was attached to a cradle that the time capsule was placed on. This was then lifted away ready to bury the capsule in the ground of the new main entrance of our new hospital.



**Steven signs one of the builders hats!**



Our famous friend, stayed with us a while longer and signed many autographs for the children and staff who were able to meet Steven up close. Builders working on the site passed their hats over the fence for an autograph too. The children left to head back to school with a selection box from Taylor Woodrow and smiles as big as the building !!!

The event came to a close, and we had to wave goodbye to our special guest - A unique historical occasion, a special man, Steven Gerrard MBE, seemed so right for what will be a special hospital in the future and promises to be one of the best in Europe.

**Treasured gifts all round! Above Steven signs one of his famous Liverpool shirts and Father Christmas arrives courtesy of one of the tower cranes!**



**Time capsule lid with inscription and below some of the items which were also placed inside ready to be buried**



# TACHE WARS!



From left to right ; Jim Parr (Operating Department Practitioner) with Goldie Khera (Surgical Registrar) and Martin White (Porter)

For many of you, everyday when you come to work you come face to face with people in ill health. It was with this in mind that a group of likely lads in Main Theatre, Whiston Hospital, decided to do something for charity.

Martin White, a porter from Theatres came across "Tache Wars" which runs during September each year and involves growing facial fuzz or eccentric moustaches!!

Five members of the theatres team, Martin White (Porter), Jim Parr (ODP), Lee Donaghy (ODP), Andy Burgess (Staff Nurse) and Goldie Khera (Surgical Registrar) decided to participate.

With sponsorship from Theatres and some Wards they raised £205 for the Everyman Appeal which is a member of the Cancer Research Institute

specifically for testicular and prostate cancers.

Jim Parr (ODP) said; "It was a bit of a rush this year because we weren't aware of the event but we are looking forward to next year and hopefully will be able to organise some major event like a sponsored walk or social event and raise even more money!"

He added; "Thanks to everybody who contributed from all the "Tache Backers"

Congratulations to all involved and well done!

From left to Right; Jim Parr (Operating Department Practitioner) Martin White (Porter), Lee Donaghy (Operating Department Practitioner), Andy Burgess (Staff Nurse)



## Stroke Club

10th Anniversary

The stroke rehabilitation unit at the Trust opened in 1994 and the stroke club for patients and their carers was formed in 1997. Since then patients, along with their families and friends have met on a monthly basis to continue the friendship they started in hospital with others who faced the same circumstances.

At the meetings they share their own personal experiences and provide each other with valuable support and advice. Beryl Abbott, Stroke Nurse Specialist started the club with Anne Crompton from the Stroke Association. Each month they provide a varied programme with speakers, demonstrations, health promotions and entertainment which includes an annual quiz to win the now famous 'Rose Bowl'. This year the stroke club are celebrating its 10th anniversary, 8 founder members still attend every month.

Beryl Abbott, Stroke Nurse Specialist said, "When I formed the club with the support of my colleagues, we recognised the friendships that were made by many patients and their families while they were still in hospital, and hoped the club would facilitate the continued friendship and support. We have achieved this and so much more".

Linda Briody who is the daughter of one of the founder members said "The club gives invaluable support to the family as well as my Mother, this has continued over the past 10 years. The club has become an extended family to us all"



From left Linda Briody (Joan's daughter), Joan Manchester, Doris Banner, her sister, June Jones, husband Don. Joan, Doris & June had their strokes and where patients together on the stroke rehab unit. They and their families have attended the club from the first ever meeting.

**Congratulations!**



# Move over Paula Radcliffe Here comes Paddy!!



Patrick Joyce (left) shows off his medal with his nephew Ronan!

Congratulations to Patrick Joyce, Consultant Ophthalmic Surgeon at Rennie Eye Clinic, for completing the Adidas Dublin Marathon in October 2007. Patrick and his nephew Ronan, decided to run the marathon, along with almost 9000 other competitors, to raise money for his charity 'Eye Aid' for Africa (Reg Charity Number 1112959).

Patrick, together with his team; including Robin MacMillan, Consultant Anaesthetist and Matron Cynthia Penketh visited Accra which is in Ghana in November. This will be their tenth visit to Western Africa to perform cataract surgery and spectacle dispensing.

The long term aim of the charity is to provide eye care to people suffering from eye disease in Africa and participate in any other activity that contributes to improving the quality of life of the blind in Africa. Should people wish to donate to the Eye Aid for Africa fund, please contact the Ophthalmic Secretaries Office at St Helens on ext 8327/8296/8495/8219.

Once again, WELL DONE PATRICK, from all your friends on Rennie Eye Clinic!!



## Saints Bring Christmas Cheer to the children!

Saints players from the first team squad visited our children's wards at Whiston, to help spread a little bit of Christmas cheer to the children who will be in hospital over the Christmas period!

The players visited each and every patient handing out signed caps, t-shirts scarves, and other items to brighten up the kids' day! They also took along the challenge cup and staff, patients and family members posed with the players for pictures!

Emma Knight, club spokesperson said "it was a pretty humbling experience for everyone who visited the hospital, some of the children are really unwell and to see their smiles when the lads spent some time with them was truly moving" Sally Duce, Directorate Manager/Lead Nurse for Paediatrics said:

"We would like to thank all the players for coming to visit the children and helping to put a smile on their faces during their stay in hospital, I'm sure it will be a day the children and staff will remember for quite some time!"



The children, relatives and staff have their picture taken with the Saints players and the challenge cup!!!

# CONSTRUCTION

## Whiston

The building work is progressing well, and is nearly 3 weeks ahead of the scheduled building programme. The brick wall panels are currently being lifted by the tower cranes and fixed into place. This is making the new Whiston Hospital look more like a real building and not a massive concrete shell. Inside the building the ensuite toilet and shower cubicles are being installed



into the single rooms and clinical areas. The lift shafts for the new main entrance are currently being built. The new pedestrian link bridge which connects the multi storey car park and the new hospital will be lifted into place early in the new year.

### Department locations

#### Zone A & B

Diagnostic Imaging • Endoscopy  
 Out-patient clinics • Cardio-Respiratory  
 Multi-Faith Area • Women's Theatres  
 SCBU • Delivery Suite  
 Main Operating Theatre Suite  
 Holbrook Unit • Clinical Offices  
 Executive Offices  
 Facilities Management Hubs

#### Zone C

Facilities Receipt & Distribution • Pharmacy  
 Paediatric OPD • Paediatric Wards

#### Zone D

Accident & Emergency  
 Cardiac Diagnostic Centre  
 Coronary Care Unit • Neuro-physiology  
 Ante & Post Natal Wards • Gynaecology Ward  
 Critical Care / ITU / HDU • Clinical offices

#### Zone E

Observation Ward • Burns Ward • 3 Adult wards

#### Zone F

Energy Centre • 4 Adult wards

#### Zone G

4 Adult wards

#### Zone H

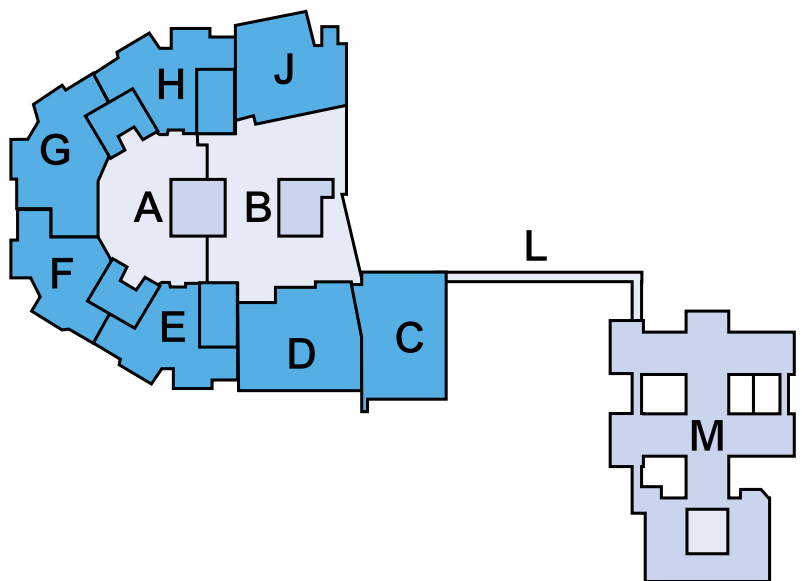
3 Adult Wards • Plastic surgery ward

#### Zone J

Main Entrance • Multi-purpose Therapy • Retail Units • Women's OPD • Plastic Surgery Dept  
 Clinical offices • Restaurant

#### Zone M

Pathology • Mortuary • Learning & Development • Trust admin / Offices • Occupational Health  
 • FM Workshops





# UPDATE

## St Helens

The new St Helens Hospital is planned to open in Autumn 2008. Despite the horrendous weather conditions, the builders have battled to ensure the hospital will be finished on time. The building is now weather tight, the glass atrium is looking very impressive, and patients will be enjoying the new facilities in a matter of months now.

In September next year, Taylor Woodrow Construction Ltd will handover the keys to the new hospital! The Trust will then spend approximately 6 weeks putting into place the new equipment, and commissioning the new accommodation. This involves testing the engineering services, and arranging staff training and orientation. Once this is completed the departments will begin to move in to the new hospital. Further information will be made available early in the new year regarding the moving in dates for each clinical area. Patients can look forward to enjoying the new facilities.



### ● Zone 1

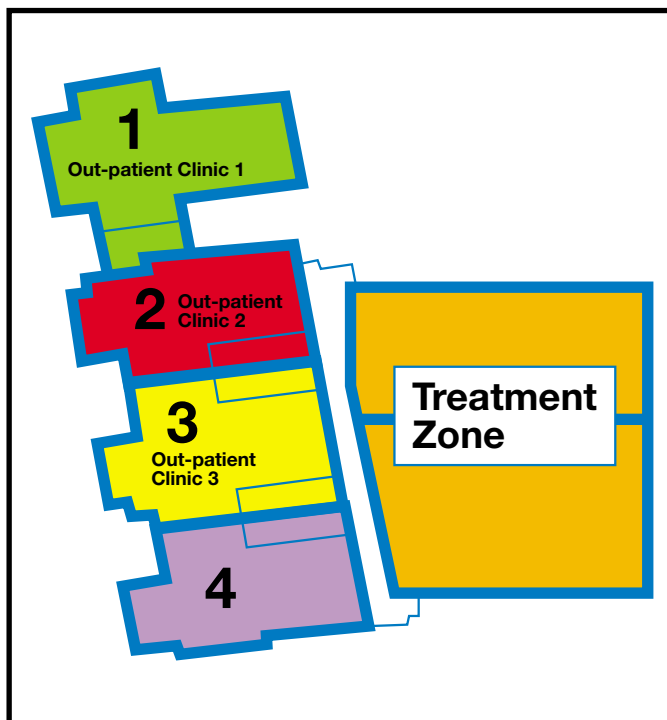
Out-Patient Suite 1  
Gynaecology  
Orthodontics & Oral Facial Surgery  
Urology

### ● Zone 2

Out-Patient Suite 2  
Breast Unit  
Cardio-respiratory (ECG)  
Administration Suite A  
Administration Suite B

### ● Zone 3

Out-Patient Suite 3  
Rehabilitation (Therapy) 3  
Orthotics (Surgical appliances)  
Dermatology  
Ophthalmology



### ● Zone 4

Lilac Centre (Haematology/Oncology)  
Rheumatology  
ENT/Audiology  
Endoscopy  
Administration Suite C

### ● Treatment Zone

Day Case Suite  
Clinical Psychology Department  
Diabetes Clinic  
Diabetes Administration  
Genito-Urinary Medicine  
Pharmacy  
Pathology (Blood testing)  
Facilities Management  
Radiology (X-ray)  
Restaurant

# Employee of the Month



October 2007  
**Sue Hodgins**

Senior Radiographer Radiology



November 2007  
**Dot Tucker**

Receptionist, Gamble Day Unit



Sir Joe Dwyer, Chairman of Construction for Merseyside officially opened the Job Shop at Whiston Hospital recently.

## Job Shop

In October we held a ceremony at Whiston Hospital to formally recognise the new onsite job Shop facility as officially open, and we invited Sir Joe Dwyer Chairman of Construction for Merseyside to do the honours of cutting the ribbon! A plaque was unveiled to commemorate the event, which was attended by staff from the Trust, Taylor Woodrow as well as the local Job Centre's Road 2 Work Team.

The Trust works in partnership with Taylor Woodrow Construction Ltd and the local Job Centre's Road 2 Work Team to provide a Job Shop facility at Whiston Hospital.

The Job Shop provides a recruitment service for people looking for employment at the Hospital or with the right skills to work on the construction site to help build the new Whiston and St Helens Hospitals.

**The Job Shop is open**  
**Monday – Friday 10am – 3pm**  
**Telephone: 0151 676 5757**



## STHK and NHS Academy working in partnership on the Ambition Health Programme

Participants on the Ambition Health programme have gone from strength to strength at Whiston Hospital!

Thanks to the support of managers and staff, Ambition Health participants have completed 13-week placements at the hospital and have been assessed by their Provider College for NVQs at Level 2 in Health and Social Care or Administration.

Successful completion of placements has, in 17 cases, resulted in participants securing permanent employment at the hospital.

Others have joined Staffing Solutions for temporary work whilst continuing to search for jobs.

Ten participants from St Helens College are about to start new placements at St Helens Hospital, where Matrons have been very interested in supporting students on the Ambition Health programme. A further four St Helens College students and three Knowsley Community College students are soon to take up new and existing placement opportunities at Whiston Hospital.

Ambition Health is a programme run jointly by NHS, LSC and JCP which offers unemployed individuals the opportunity to access training and to gain qualifications, including an NVQ 2, whilst on an NHS placement. The combination of recent study and work experience enhances the prospect of gaining employment in the NHS.

Jenny Rea, Pre-Employment Co-ordinator from the NHS Academy, would like to thank all Matrons, Ward Managers and staff for their interest in the programme and the opportunities they have offered participants. Particular thanks go to Dave Evans in Staffing Solutions and Dave Parr, Matron, Medical Care Group who have facilitated many excellent placements and who have been invaluable champions of Ambition Health.



Successful participants of Ambition Health, Michelle Barry (left) and Susan Wade (right) with Ambition Health pre employment Coordinator Jenny Rae (centre)

# Junior Doctors' Committee



The beginning of this academic year (August 2007) marked the creation a Junior Doctors' Committee. This replaces the old set-up of one house-officer (The Mess President) being the main contact for all house-officer/foundation year (FY) issues. This newly formed committee comprises 11 people, (5 FY1s and 6FY2s), with a range of roles. The FY1 representatives will continue their roles into their FY2 to enable continuation of any ongoing projects. The aim is to represent all junior doctors within the hospital by liaising with other staff and departments. Below is a list of the roles and the doctors fulfilling those roles for the current year. If you have any issues u would like to discuss, please do not hesitate to contact the appropriate member.

Role	FY1	FY2
Mess President	<b>Joe Schrieber</b> j.schrieber@doctors.org.uk	<b>Daragh Lehane</b> d.lehane@hotmail.co.uk <b>Clare Sharp</b> clarerachelsharp@yahoo.co.uk
Treasurer		<b>Frances Dolman</b> frandolman@hotmail.com
BMA Representative	<b>Kathryn Jordon</b> kathj111@aol.com	<b>Clare Swift</b> claire_swift60@hotmail.com
Academic Representative		<b>Kieran Donnelly</b> kierand@hotmail.com
Nurse Liason	<b>Hollie Greendale</b> hollie.greendale@doctors.org.uk	<b>Katie Bennet</b> kebennet@doctors.org.uk
Sports and Social		<b>Kathryn Duffy</b> kathrynduffy@doctors.org.uk
Welfare Rep	<b>Bih Lee</b> md0u119f@yahoo.co.uk	<b>Anjali Vaidyanathan</b> anjali.vaidyanathan@hotmail.com





# TRUST

# LOTTERY

# RESULTS

The Lottery results for the draw which took place in October are as follows:

- £1500 Miss S Forshaw, A&E Reception, Whiston.
- £500 Miss J Lawrenson, ICU, Whiston.
- £100 Miss J Novak, Foxton Ward, St Helens.
- £50 Mr P Cooke, IT Dept, Whiston.
- £25 Miss D McTighe, Patient Access, Health Records.
- £25 Mr S Cunliffe, Audit Dept, Whiston



The result for the Lottery Christmas Draw is as follows:

**£5000**  
**Mrs G Mather**  
Pathology Dept,  
Whiston

The results of the Trust Lottery Draw taken in November are as follows:

- £1500 Mrs C J Cardwell,  
Maternity Secretaries, Whiston
- £500 Mrs A Evans, Ward G2, Whiston
- £100 Mrs C Martin, C.O.E., Whiston
- £50 Mrs A Cashman, A&E Reception, Whiston
- £25 Mrs C Nolan, Catering Dept, Whiston
- £25 Mrs M Mellor, OPD, Whiston



Note: Prizes can only be issued to lottery participants who have paid all due contributions. In the case of deductions not being made from your pay, please contact the Finance Department on extension 1121. Your payslip should show a separate deduction described as LOTTERY and the amount deducted (£1 for each number).

# Blessing of the Crib



The children of Whiston Willis Community Primary School singing christmas carols!

With Christmas fast approaching it was time once again to hold the blessing of the crib service, in the Chapel at Whiston Hospital.

Children from Whiston Willis Community Primary School, attended and sang Christmas carols, for the patients, visitors and staff who attended. Ann Marr, Chief Executive gave a warm welcome to everybody especially the children to open the ceremony and introduced Jayne Shepherd, Head of Spiritual Care, who delivered the Christmas Service. Everyone got involved in the Christmas cheer, singing carols which could be heard along the main corridor.

# NURSES TREK TO NEPAL!!

Maureen Kendrick, Ward Manager, Ward E3, was one of many proud nurses and doctors and territorial army veterans belonging to the 306 field hospital, to recently complete a two week trek in Nepal!!

In October, Maureen, and fellow nurses from the Queen Alexandra's Royal Army Nursing Course and doctors from the Royal Army Medical Corp, along with some serving members, but mainly retired veterans from 306 Field Hospital began their 2 week trek up the Langtang Valley in Nepal, to a glacier face and the Langtang Lirong mountain in the foothills of the Himalayas.

Maureen travelled with Sherpa's and had ponies for backup & safety. Overall they travelled up to 5000m! but Maureen told us... "you really start to feel altitude at over 3000m! The trek was mainly over paths and trails, and sometimes quite unsafe & moving!"

Luckily the monsoon had just finished so Maureen didn't get too wet on the trek!! Maureen was also able to spend a couple of days in Kathmandu sightseeing & shopping! To finish the trip she flew over Mount Everest in a small plane courtesy of Buddha Airways.

Maureen says "the trek was a truly memorable experience!!!"

**Well done Maureen!**



Maureen and fellow colleagues enjoy a welcome cup of lemon tea, before they began the descent!!

## Archbishop of Liverpool visits the Trust



The Spiritual Care Team, welcomed the Archbishop of Liverpool in September to the Trust. Jayne Shepherd, Head of Spiritual Care, presented the work, achievements and aspirations of the Team. The Archbishop enjoyed meeting with the RC volunteers, and met patients on the wards, before joining the Executives and Spiritual Care team members.



# Equality &

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Equality is about creating a fairer society and Diversity is about recognising and valuing difference. Equality & Diversity are at the heart of St Helens and Knowsley Teaching Hospitals NHS Trust's corporate objectives. It allows us to deliver a better service and improved patient care.



## What's New in 2008

- All new entrants receive basic equality and diversity training at corporate induction
- There are networks for black and minority ethnic staff and disabled staff, together with acting as a source of support for each other, they also work with the trust in a consultative and advisory capacity, assisting us to become an employer of choice and a provider of excellent patient care.
- Respect at Work Training has been redesigned. The new training is lively and enjoyable; challenging attitudes towards equality and diversity without being confrontational so that participants question their own beliefs, assumptions and behaviour.
- Look for the new internet and intranet pages for information, advice and guidance on equality and diversity, for service delivery and employment.
- We want you to tell us how we can improve, so look out for the questionnaire in the New Year.
- New training opportunities for under represented groups.

## Get Involved

If you have an interest in Equality & Diversity, why not become a Respect at Work Champion or join a staff network?

For further information, contact Kate Kerwin, The Trust's Equality & Diversity Co-ordinator on 0151 443 1232 or e-mail [kate.kerwin@sthk.nhs.uk](mailto:kate.kerwin@sthk.nhs.uk)

# Did you know?



(in case you ever make it onto Who Wants to be a Millionaire!)

- You blink every 2-10 seconds. As you focus on every word in this sentence, your eyes swing back and forth 100 times a second, and every second; the retina performs 10 billion computer-like calculations!
- A follicle that is more oval in shape will produce a curlier hair, which when viewed under a microscope, is more flat in appearance than a straight hair, which is round!
- Although its only 2% of our body weight, the brain uses 20% of all oxygen we breathe, 20% of the calories we take in, and 15% of the body's blood supply!
- During a lifetime, one person generates more than 1000 pounds of red blood cells!
- Without its cells and proteins, human blood has the same general make up as sea water!
- From the age of thirty, humans gradually begin to shrink!
- The kidneys filter about 500 gallons of blood per day!
- American Airlines saved \$40 000 in 1987 by eliminating 1 olive from each salad in first class meals!

**IT Operations Help Desk**  
**(0151) 676 5678**  
**ithelpdesk@sthk.nhs.uk**

**Switchboard 0**  
**Security, Fire, Emergency 3333**  
**Cardiac Arrest 2222**

**Local Security Management**  
**Specialist (0151 426 1611)**  
**Hospital Pager 1372**

## LOOKIE LIKIES



**Tracey Leung, Support Secretary,**  
**Executive offices, Whiston Hospital**  
**and**  
**Mylene Klass, Singer/TV Presenter**

If you know of a colleague who looks like a famous celebrity, VIP or even a cartoon character - please send in your photographs via email to [judith.marsland@sthk.nhs.uk](mailto:judith.marsland@sthk.nhs.uk)

*Why do we...*

**Give gifts of flowers and wear perfume??**

**Answer:** This originates from the times of the 'The Plague' or 'Black Death' when people would carry posies of flowers and wear scents of natural oils on their skin, to obscure the pungent smells which were abundant in public places during these times.

**Staff News 'n' Views**

**Next Issue Spring 2008**

Many thanks to everyone who has been involved in producing this edition. If you would like to contribute an article or if you have a story to tell, please contact Judith Marsland by email or phone - Ext 2505