



Keeping In Touch

Issue 7 Spring 2011

In this issue

Page 2

Peterborough, Luton and Suffolk health and social care services

Page 3

Building a foundation for success

Page 4 & 5

News

Page 6 & 7

In focus: Musculoskeletal service in the heart of the community

Page 8 & 9

About you: The Oliver Zangwill Centre for Neuropsychological Rehabilitation

Page 10

Community matrons tackle long term conditions

Page 11

Podiatry service expansion

Page 12

Donations

Join our new membership scheme

Would you like to play an active part in shaping the future of community health and social care services across Cambridgeshire?

If you want to have a much greater say, be consulted on major changes proposed to services and get regular information about our work, then become a member of Cambridgeshire Community Services NHS Trust aspirant community Foundation Trust.

Andrew Lansley CBE, MP, Secretary of State for Health, became the first local resident to sign up, so what's stopping you? See inside this issue of *Keeping In Touch* for more details and how you can join.



Andrew Lansley CBE, MP (front) with L to R: Cambridgeshire Community Services NHS Trust's Matthew Winn, chief executive; Eve Lisboa, community staff nurse; Angela Segrave, community therapy assistant; Heather Green, district nursing sister; Dr Maria Ross-Russell, dental clinical director and Victor Lucas, chairman

Welcome to the latest issue of our *Keeping In Touch* newsletter – the first of 2011.

It promises to be a busy and challenging year ahead for Cambridgeshire Community Services NHS Trust. Our ambitious plans to become one of the first community Foundation Trusts in the country are making good progress and we are actively recruiting people to join our membership scheme.

I would strongly encourage all our readers to sign up and details on how to do that are included in this issue of the newsletter.

We anticipate a range of health and social care services covering Peterborough, Luton and Suffolk will transfer to us on 1 April 2011, after we successfully bid for them. It's important to say that this will not affect front-line services, it is about the management of those services.

We are committed to maintaining a local focus and the Foundation Trust membership scheme is a key part of our plans to ensure that we work with local people to develop services – whether they live in Cambridgeshire, Peterborough, Luton or Suffolk. There will be more about these services in future issues of the newsletter.

Inside this issue you will also find a host of features and case studies from and about the people we look after – we talk to people with a long term condition, musculoskeletal problems, and those who have suffered from a brain injury.

I hope you enjoy this edition.



Matthew Winn
Chief Executive
Cambridgeshire Community Services
NHS Trust

Peterborough, Luton and Suffolk health and social care services join

Subject to successful contract negotiations Cambridgeshire Community Services NHS Trust is to take over the management of a range of community health and social care services for people who live in Peterborough, Luton and Suffolk.

This means that more than 1200 NHS staff will transfer to the Trust on 1 April 2011, after the organisation successfully bid to run these services.

But Matthew Winn, chief executive, has reassured local people that they shouldn't notice any difference as a result of these changes and that it does not affect existing services in Cambridgeshire.

He explained: "We are delighted to have been chosen to provide these services for Peterborough, Luton and Suffolk residents. As the first community NHS Trust in the country, we have extensive experience of providing innovative and accessible services as close as possible to where people live.

"These changes will not affect the services that people currently receive, it is about the management of those services. Local residents can be assured of our commitment to involve them and work with the skilled clinicians and practitioners in Peterborough, Luton and Suffolk to build on the existing high quality services and ensure the very best outcomes for local people."

Look out for future issues of the newsletter for more information on these services.

Services to join us from 1 April 2011:

- Peterborough – adult services (including adult social care) and Dental Access Centre
- Luton – Luton Community Services
- Suffolk – community sexual health services

HPV vaccination programme success

More than 90 per cent of 12 to 13 year old girls living in Cambridgeshire have been protected against the virus that is the main cause of cervical cancer.

The Department of Health recently published vaccination rates for England during 2009/10 which show that more than 3000 Year 8 girls in the county have been vaccinated by Cambridgeshire Community Services NHS Trust's Human Papilloma Virus (HPV) vaccination team.

The team is responsible for delivering the national vaccination programme locally, which started in September 2008. The team has also vaccinated more than 4500 16 to 18 year old girls during the last 12 months.

The vaccine will help protect girls against types 16 and 18 of the human papilloma virus (HPV), which cause 70 per cent of all cases of cervical cancer. Three injections are needed over a period of about six months.

Building a foundation for success

With an annual NHS budget of more than £100 million and responsibility for an additional £51 million budget for social care for older people, we treat up to one million babies, children and adults each year.

As a specialist provider of community-based health and social care services we have developed a range of innovative services in recent years, which mean that you can get the care you need much closer to home.

But we're convinced that in order to continue to provide the very best care to local people we need to access the flexibilities and freedoms that NHS Foundation Trusts provide.

Matthew Winn, chief executive, Cambridgeshire Community Services NHS Trust, explained: "From 2013 NHS Trusts such as ours will no longer exist. We will either become a Foundation Trust in our own right, or be merged with existing Foundation Trusts, such as those that run mental health or hospital services. Community based services are vital to the future of the NHS and we believe that their development needs to be led by an organisation that focuses exclusively on the special services we provide."

Victor Lucas, chairman, Cambridgeshire Community Services NHS Trust, added: "We launched a public consultation at the start of 2011 on our ambitious plans to become one of the first community NHS Foundation Trusts. Central to this is a membership scheme mainly made up of local people and staff who will have a major influence on how we provide health and social care in the future."

Andrew Lansley CBE, Secretary of State for Health and MP for South Cambridgeshire said: "I am delighted to sign up as a member. I would encourage Cambridgeshire residents to take this opportunity to have a real say in their local health services. Foundation Trusts are central to an NHS that is freed from the constraints of top-down control, with power increasingly placed in the hands of local people and staff. This local control is vital if we are to ensure every area of the country has the NHS services it needs to provide a comprehensive service to all."

Jonathan Djanogly, MP for Huntingdon recently visited the Trust's musculoskeletal physiotherapy department in Hinchingsbrooke Hospital. He said: "I was delighted to meet the physiotherapy team to see and hear about how they are developing community physiotherapy services. Huntingdon residents are benefitting from the work the team have put into reviewing how services can be locally accessible to give the best possible care.

"I commend the Trust for their commitment to engaging local people through this public consultation and am delighted to sign up as a member. I would encourage Huntingdon residents to take this opportunity to have a real say in their local community health and social care services."



Why do we want to become an NHS Foundation Trust?

- Much stronger links with local communities
- Freedom from central government control, whilst being overseen by the independent regulator, Monitor
- More freedoms and flexibilities to decide on priorities and improve the quality of services provided.

What are NHS Foundation Trusts?

NHS Foundation Trusts are not-for-profit, public benefit corporations. They are part of the NHS and provide over half of all NHS hospital and mental health services.

NHS Foundation Trusts are a result of the Government's drive to devolve decision making from central to local organisations and communities. They provide and develop healthcare according to core NHS principles - free care, based on need and not ability to pay.

What makes NHS Foundation Trusts different

- They are not directed by Government so have greater freedom to decide their own strategy and the way services are run
- They can retain their surpluses and borrow to invest in new and improved services for patients and service users
- They are accountable to their local communities through their members and governors, their commissioners through contracts, Parliament and to Monitor as their regulator.

Become a member

Anyone who lives in the area or has been a patient or service user can become a member of the Trust.

Join now at

www.cambscommunityservices.nhs.uk or call 01480 308216.



Jonathan Djanogly MP for Huntingdon signing up for membership with chairman Victor Lucas and Amanda Phillips, clinical specialist physiotherapist

News

National Year of Communication launches

Hello, the 2011 national year of communication, is a campaign to increase understanding of how important it is for children and young people to develop good communication skills.

Speech, language and communication underpins everything we do in life. Babbling babies do not become talkative toddlers by chance. Communication is a skill that we learn and develop.

But did you know that in the UK today over one million children and young people have some form of speech, language and communication need? In some parts of the UK 50 per cent of children are starting school with a poor language skill.

This puts them at a huge disadvantage to their peers as they struggle to learn and make friends.

Philippa Grant is a paediatric speech and language therapist with Cambridgeshire Community Services NHS Trust, which is supporting the national campaign with a host of local activities.

These include taking part in the 'Chatterbox Challenge' a Guinness World Record™ attempt for the most people singing 'Heads, Shoulders, Knees and Toes', a 'No Telly Tuesday' to encourage families to talk to each other and taking part in the Pre-School Alliance 50th birthday celebrations.

Philippa said: "We assess, diagnose and treat children and young people who

experience speech, language, communication and feeding difficulties.

"Early communication is vital because it underpins all other skills, so we're supporting the national campaign because supporting children and babies is everyone's business.

"The success of the award winning King's Speech film, which is based on the true story of King George VI and his friendship with his unorthodox speech therapist Lionel Logue, has raised the profile of the problems that some people face and how seriously it can affect them.

"Although we deal with a wide range of communication problems, not just stammering, it does highlight the importance of early intervention and how speech and language therapy professionals can help."

Go to www.hello.org.uk for more information.



Ormiston's Manea Little Learner Amelia Bishop, taking part in the ICAN Chatterbox Challenge

Cambridgeshire Community Services NHS Trust's Helen Wootton, speech and language therapy assistant organised a ICAN Chatterbox Challenge in which children from Ormiston's Chatteris and March Children's Centre and Kingsfield Primary School in Chatteris sang the song 'Head, Shoulders, Knees and Toes' as part of ICAN's Guinness World Record™ attempt for the largest participation of the song.

Helen said: "The featured song uses actions and gestures that help children focus on the words and gives additional information about what they mean.

"The children love singing together and it's a great way to raise money for ICAN, the national charity for children with communication difficulties. It will be a few weeks before we hear if we broke the world record."

Minor oral surgery wins top prize for transforming services to benefit local communities

Cambridgeshire Community Services NHS Trust won the Primary Care and Community Care Based Integration Award at the regional Health and Social Care Awards, organised by NHS East of England.

The minor oral surgery project scooped the top award in the category which recognises a team or service that has delivered transformational improvement to patient care, close to their homes.

The award recognised the service's collaborative and integrated approach across primary care and a range of other health and social care providers.

The minor oral surgery team has now grown to six clinicians, working across Cambridgeshire enabling patients to be treated closer to their homes.

A total of 3,686 patients were treated from 2006 to April 2010 and 70 per cent of treatment is completed at their first visit.



L to R: Stephen Welfare, deputy chief executive & director of workforce NHS EoE; CCS NHS Trust's award winners: Dr Maria Ross-Russell, dental clinical director, Sarah Osborne, MOS manager; Hilary Pye, dental nurse; and Gwen Collins, deputy chief nurse, NHS EoE

Dr Maria Ross-Russell, dental clinical director at the Trust, said: "We are delighted to receive this award. The team have all worked so hard and are fully committed to providing high quality dental care which is easily accessible to local communities.

"It has been enormously beneficial to have worked with our colleagues at Addenbrooke's Hospital to develop this service to achieve the very best outcomes for local people."

Sexperts talk to young people

Young people in Cambridgeshire were reminded help is available for anyone with concerns about their sexual health in a recent Valentine's Day awareness initiative.

A team of 'sexperts' visited pubs and clubs in Cambridge to talk to young people about safer sex and to encourage them to take a do-it-yourself Chlamydia test to make sure they are free from the infection. The initiative is part of ongoing outreach work by Cambridgeshire Community Services NHS Trust's sexual health team. Find out more about the Chlamydia test at www.cambstakeatest.com



The 'sexperts' getting ready to visit pubs and clubs in Cambridge

In focus

Musculoskeletal service in the heart of the community

New service means quicker treatment

People living in Cambridge with musculoskeletal conditions – the medical term for a wide range of conditions that cause pains and other problems in the arms, legs, back, neck, hips, feet and other joints – are getting quicker and more convenient treatment thanks to new facilities in the heart of the local community.

The Greater Cambridge community musculoskeletal (MSK) service has moved to Chesterton Medical Centre, Cambridge. The service complements community clinics which have been running in Sawston since April last year.

But the new location is only part of the story. The service has been completely redesigned, thanks to a ground breaking partnership between Cambridgeshire Community Services NHS Trust and Cambridge University Hospitals NHS Foundation Trust (Addenbrooke's Hospital). This brings together for the first time specially trained hospital and community physiotherapists working alongside consultant rheumatologists from Addenbrooke's Hospital.

Local residents who've been to their GP or who have had core physiotherapy, but need more specialist care now have a single point of access for assessment and treatment. This has reduced the need for unnecessary trips to hospital to see a consultant, which has allowed a shift in funding to recruit extra front line community based staff.

Jill Gamlin MBE, consultant physiotherapist and MSK physiotherapy clinical lead said: "A consultant rheumatologist and clinical specialist physiotherapists who specialise in spinal



The team's administration support, front to back; Haley Jones, Kathy Cookson and Ben Kingsbury

problems who were previously based at Addenbrooke's Hospital now hold clinics in the community.

"In the past year we have recruited two specialist physiotherapists and six core physiotherapists who joined an existing team of 12.

"We have also recruited extra administrative support to ensure speedy processing of referrals and have improved links with two local GPs with special interests in knee and hand problems."

Steve Wilson, clinical specialist physiotherapist, explained that many cases can be effectively dealt with in the community without the need for a trip to hospital.

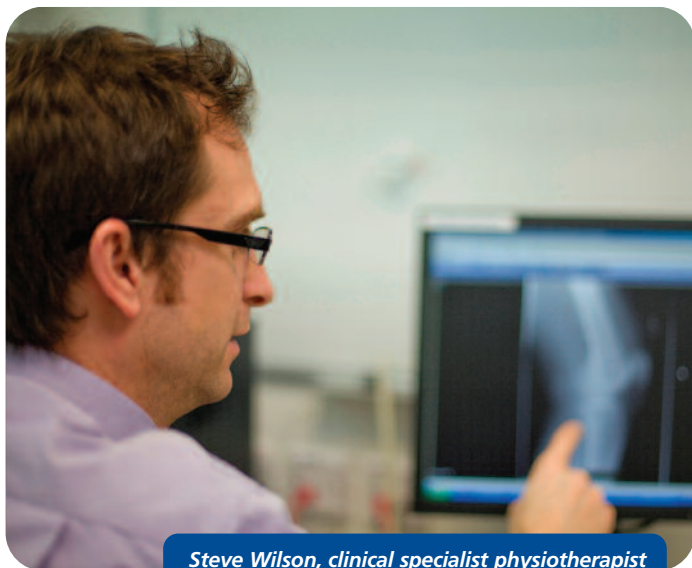
He said: "Before we often received referrals after someone had unnecessarily seen a hospital consultant, and this was causing delays in their treatment.

"We have a team of specialist physiotherapists at Chesterton who have the experience to spot serious problems which might require hospital treatment, so we can still refer them to hospital if it's needed. Fortunately these cases are quite rare."

Charlotte Lumley, an Addenbrooke's Hospital clinical physiotherapy specialist, who now also runs clinics in the community, admits she was sceptical at first, but has been really impressed with the collaborative way everyone has pulled together.

She said: "Thanks to lot of effort between two NHS trusts with access to consultant support and each other's IT systems the service is working really well.

"As a result these changes have led to a better service for local people in many ways. The appointments are easier to book, the clinics are easier to get to, the environment is more friendly and welcoming and I think people get a much more personal, seamless service.



Steve Wilson, clinical specialist physiotherapist

“There is a great team spirit among the staff and I can’t speak highly enough of the administrative team who support the entire service, which ensures we’re as efficient as possible.”

Dr Barbara Silverman, consultant rheumatologist, says that the guiding principle of the revamped service is to ensure that people are seen by the right clinician and get the right treatment first time, when they need it.

She said: “We can manage many referrals in the community and because we have an excellent working relationship with a wide range of related departments at Addenbrooke’s Hospital, such as orthopaedics, rheumatology, plastic surgery, pain management, and neurosurgery people can still receive more specialist care if they need to.”

What to expect from the service

- People are seen in the community MSK clinic either when referred by their GP or when core physiotherapy has failed to improve their condition
- You will have a comprehensive assessment, which will involve an examination, and any appropriate investigations such as blood tests, x-rays, MRI, CT and ultrasound scans
- Following diagnosis your condition will be explained to you and a care plan will be agreed
- If you need surgery or other specialist care you’ll be referred direct to the hospital.



Charlotte Lumley, Addenbrooke’s clinical physiotherapy specialist

Case study 1

Great Shelford resident Dianna Butler’s visit to the community MSK clinic may well have saved her from serious long term disability.

She was referred to the Sawston clinic by her GP after suffering from chronic back pain, but Charlotte Lumley, clinical physiotherapy specialist, quickly realised she may have a potentially serious problem with a cyst on her spine.

Charlotte feared that Mrs Butler may have had a condition known as acute cauda equine syndrome, a medical emergency where the spinal cord is compressed.

Mrs Butler was immediately sent to A&E at Addenbrooke’s Hospital with a letter from Charlotte stating her concerns. A scan confirmed Charlotte’s diagnosis and Mrs Butler was scheduled for an emergency operation. Fortunately, the operation was a complete success and Mrs Butler was discharged the following afternoon.

Mrs Butler, 54, said: “I hate to think what might have happened if Charlotte hadn’t spotted that I could have a serious problem and her diagnosis proved to be spot on. I can’t praise her highly enough for the speedy way she got help for me and within 24 hours I was back home recuperating.”

Charlotte added: “The cyst that was pressing on Mrs Butler’s spinal cord, causing cauda equine syndrome, which can lead to permanent damage, so it was critical that my initial diagnosis was urgently confirmed and that she received specialist care. We have excellent links with the radiologists and neuro-surgeons at Addenbrooke’s Hospital, so Mrs Butler got the help she needed.”

Case study 2

Isobel Sharkey, 76, from Cambridge had been suffering from shoulder problems for over a year before being referred to the MSK physiotherapy clinic.

During a course of physiotherapy at Chesterton, it was suggested to her that cortisone injections could help alleviate her symptoms, so was booked into the community MSK clinic to see a consultant.

Isobel said: “I suffer from arthritis, was on pain killers and had been having physiotherapy for some time, but they hadn’t really helped. However, since I started having the injections life has been a lot easier and my shoulder is a lot less painful.

“I’ve been really impressed with the service at Chesterton and as I live nearby it’s within walking distance.”

About you

The Oliver Zangwill Centre for Neuropsychological Rehabilitation

The Oliver Zangwill Centre for Neuropsychological Rehabilitation is part of Cambridgeshire Community Services NHS Trust.

The centre, based in Ely, provides high quality rehabilitation for the cognitive, social, emotional and physical needs of people with acquired brain injury. It offers a unique (to the UK) holistic and intensive assessment and therapy programme. The Centre also aims to meet the needs of families of brain injured people.

Clinical director Dr Andrew Bateman said: "The ultimate aim of the centre is to promote the maximum level of understanding the consequences of brain injury. Our team of 16 work with the Centre's users - about 25 a year - to enable them to independently function in their own home and community. We also work with the individuals to enable them to achieve a level of productive work."

"We have a fantastic team of specialists: clinical psychologists, occupational therapists and, specialist speech and language therapists, and a great support team to deliver assessment, rehabilitation, therapy and research for brain injury sufferers and their families across Cambridgeshire and beyond."



Oliver Zangwill team and clients with a range of external memory aids, from L – R: Cat Ford, clinical psychologist, Lara Harris, practitioner researcher, Maria Martin-Saez, occupational therapist and Rachel Winson, occupational therapist (fifth left)



Rachel Winson, occupational therapist (L) monitoring a functional assessment test of how a person with brain injury follows instructions

Case study 1

OZC to OZ Blues

Bass guitarist Nick Hopper completed his rehabilitation programme at the Centre after suffering a stroke.

"The journey to overcoming the consequences of stroke is usually arduous and sometimes patients encounter unexpected symptoms", said Dr Andrew Bateman.

"When I first met Nick a year ago he talked to me about how his stroke had robbed him of his ability to think or improvise musically. For a lifelong musician this was a serious loss, no less serious than loss of speech or movement that often happen after stroke."

As part of Nick's rehabilitation programme, delivered under the guidance of the skilled clinical psychologists, speech and language therapists and occupational therapists, he set himself projects to achieve and has just produced a CD called 'Leaving OZ Blues'.

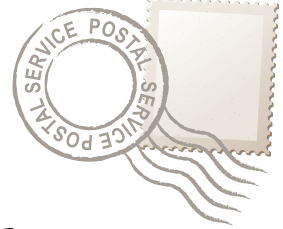
The CD features three tracks: 'Forward', 'Step by Step' and 'Leaving OZ Blues' - featuring Nick on piano and bass guitar, with local guitarist and drummer Sam Graves.

Nick said: "The CD is dedicated to the staff at OZ without whom I doubt I could have made these faltering steps."

Andrew added: "The fluency of playing demonstrates Nick's determination to overcome problems caused by his stroke and regain a sense of himself as a musician. This is a series of tracks that leaves you feeling uplifted and far from blue, and we are very proud of what Nick has achieved."

Case study 2

To everyone at OZ. I am saying hello all the way from Vietnam. Well I finally achieved my final goal - YAY YAY I'm travelling again. I feared I would never be able to do it again after my brain injury. But with all your wonderful help look at me now, I'm free again. I've been away from home for 6 weeks now, my friend and I haven't wasted a single minute of this wonderful trip. We've visited Singapore, Malaysia, Philippines & Vietnam. We are hoping to do some voluntary work with children in Cambodia & a cookery course in Thailand. So in short life couldn't be better. I feel I owe that all to OZ for giving me my colourful life back. With much love. XXXX



To all at OZ

The Oliver Zangwill Centre

The Princess of Wales Hospital

Lynn Road

Ely

Cambridgeshire

CB6 1DN

Case study 3

Changing lives

Recently another Oliver Zangwill user came to the end of their rehabilitation programme. As ever, it was a moving occasion for both the client and the Centre's staff.

Dr Andrew Bateman said: "The feedback from people who have suffered brain injuries, relaying the progress they've made and the impact of the rehabilitation programme, not just to their own lives, but those of their families and friends is always very emotional.

"One user, who wishes to remain anonymous, captured his thoughts and feelings in a framed picture seen here - which he presented to centre staff. The picture powerfully demonstrates the huge impact a brain injury has on people's lives, the challenges they struggle with and the amazing impact colleagues at the Oliver Zangwill Centre have through their unique approach to neuro-rehabilitation. The latter is summed up in one sentence within the picture." "The OZC was a difficult, demanding, emotional but rewarding journey, one I had no idea I needed to go on, the fog is slowly lifting and I'm beginning to take control of my life...three years of hard work...the future is that I win'.



Research at OZ



Dr Andrew Bateman

Clinical director Dr Andrew Bateman has completed his latest research with PhD student Sara Simblett from The Cambridge Intellectual and Developmental Disabilities Research Group.

The research published in the international journal 'Neuropsychological Rehabilitation', published by Psychology Press, looked at the changes in the ability to plan, problem solve, make decisions, initiate actions, multitask, grasp abstract concepts, and regulate emotions frequently encountered after acquired brain injury.

Andrew said: "This is important research as these functions are often relied upon to adapt and respond appropriately to the environment, as well as prioritise and maintain focus on goals. Therefore, impairments in such abilities can severely impact on a person's ability to function independently and productively in everyday life."

What do they do?

Community matrons tackle long term conditions

It's estimated that more than 15 million people in England, almost one in three of the population, suffer from a long term condition.

They will also account for many emergency hospital admissions.

So caring for people in the community with problems like heart disease, asthma and diabetes is a major part of the NHS' work in the 21st century.

One way Cambridgeshire Community Services NHS Trust is tackling the issue locally is with a team of highly experienced, senior nurses called community matrons who focus on helping vulnerable older people who have two or more complex conditions, who are vulnerable to emergency hospital admission.

The matrons co-ordinate people's health and social care support and help them self-manage their conditions so they can live as independently as possible. By identifying problems early people are

able to get the right care and medication quickly, which if left unchecked can result in people needing to go into hospital.

Hilary Foreman is one of these community matrons. She said: "Life can be tough enough when someone has a long term condition, but if they have several they can find it difficult to manage their health.

"My job is to visit people at home to assess the type and amount of health and social care services they need. I will also help them with managing their often complex medications. I will then monitor them and their care.

"This can often involve liaising with consultants, GPs, nursing staff, physiotherapists, occupational therapists and social workers to ensure people get the help they need. I also often work with the voluntary sector, housing departments and the Benefits Agency to support people's wider needs, as this can impact on their health and well-being."

Case study

Cyril Foster, 86, from Cherry Hinton suffers from heart condition which had left him feeling tired and unable to walk very far, but with Hilary's help is slowly getting out and about more these days.

He said: "Since my GP referred me to her, Hilary has been a great help and I really look forward to her visits. She has been supporting me for a year or so now to help me manage my heart condition, which has fortunately stabilised. She has helped me to monitor my weight and diet and I now do daily exercises.

"Because I wasn't getting out much I was suffering from swollen legs and ankles, but she referred me to a physiotherapy course, which made a big difference. I'm more mobile now and we're talking about how I can get out more."

Community matrons also teach their patients about their conditions to give them a better understanding of them and help them adopt healthier lifestyles that will aid their management.

Hilary has a caseload of around 30 people locally and can see them from daily, if they're particularly unwell, to monthly check-ups.

She added: "Being a community matron allows me to build a strong relationship with people and make a real difference to their lives. People get to know and trust us, which is really rewarding."

How do community matrons differ from district nurses?

Most community matrons have been district nurses before becoming matrons. They receive additional training in clinical assessment, medicines management and prescribing, and they have or are studying for master's degree.



Community matron, Hilary Foreman with client Cyril Foster

Podiatry services expansion



Nail surgery now performed at Chesterton Medical Centre

Did you know the average person takes about 8,000 to 10,000 steps every day, add that up over the course of a lifetime and it's the equivalent of walking four times around the world! So it's no wonder Cambridgeshire Community Services NHS Trust's podiatry service is kept very busy.

Podiatry services - a branch of medicine devoted to the study, diagnosis and treatment of disorders of the foot, ankle and lower leg - are provided to prevent or reduce hospital admission and possible surgical intervention, to maintain people's mobility, improve their quality of life and promote independence and the ability to self-care.

Sara Hill, acting podiatry business manager said: "The team, made up of podiatrists and a consultant podiatric surgeon provide a full range of services across the county. Consultant Andrew Francis Flores, based at our Podiatric Surgery Unit at the Oak Tree Centre in Huntingdon, carries out foot surgery in its dedicated operating suite.

"The teams at the Oak Tree Centre and the Chesterton Medical Centre in Cambridge also provide therapeutic laser clinics to give pain relief to increase mobility.

"Our diabetes specialist, based at Hinchingsbrooke Hospital, provides treatment for acute foot lesions, and works alongside specialists within the hospital.

"We also supply in-shoe devices to relieve pain, increase mobility, and hold biomechanical assessment clinics to assist

in the evaluation and short-term treatment of musculoskeletal imbalance, to enhance mobility, reduce pain and limit potential future complications."

Nail surgery expansion

Led by podiatrist Darren Martin, the Trust has performed nail surgery locally, in community-based clinics in Huntingdon for over 25 years and we have recently expanded to the Chesterton Medical Centre in Cambridge, enabling more patients to access the service and be treated near their homes.

The service treats in-growing toenails, thickened or distorted nails, long-standing fungal nail infections and traumatised and infected toes as a result of nail shape or trauma.

Sara Hill said: "These issues can be extremely painful, reduce function and lead to more serious problems if left untreated.

"Patients will have their initial assessment and post-operative appointments at their local clinic, co-ordinated by the podiatry team."

Case study

John Baker, 73, from Bar Hill suffered with foot pain for eight months and coped by walking on the outside of his foot. He took part in the British Target Shooting Championships in Scotland and holidayed in Canada before he went to see his GP.

Podiatrist Darren Martin saw John at his GP's practice in Bar Hill and referred him to the new nail surgery service in near-by Chesterton Medical Centre for in-growing toe nail surgery.

John said: "All the way through the whole experience it was first class. Everyone was courteous; speaking to the lady on the phone and the lady on reception. The nurse even came out and walked me through to the room – she talked me through the whole thing, overall a friendly experience – really reassuring.

"I could walk straight away, although I had a large bandage. My toe has cleaned up nicely and I am seeing Darren for a final check up at my GP surgery."

In the UK podiatry is simply the new name for chiropody. The name was changed to podiatry in 1993 as it's the international recognised name for a foot specialist and also as it's slightly more appropriate; 'podiatry' refers to feet while 'chiropody' refers to both feet and hands.

Foot facts (www.nhs.uk)

- Each foot contains 26 bones and more than 100 ligaments
- Your feet contain more than a quarter of all the bones in your body
- The skin on your feet has more than 7,000 nerve endings
- There are more than 125,000 sweat glands on each foot, more than anywhere else in the body
- Our feet produce an egg-cup's worth of sweat each day

Donations

Martial arts clubs fundraiser for children's unit

Two martial arts instructors have shown their caring side after raising money for a local children's charity.

Black belts Steven Treadaway and Philip Rourke, who teach Tang Sou Dao at the St Neots, Huntingdon, Papworth and Houghton clubs, recently presented a cheque for £627 to the Dreamdrops appeal, which supports children's services across Huntingdonshire.

The money will go to the Holly Ward run by Cambridgeshire Community Services NHS Trust, located in the Children's Unit at Hinchingbrooke Hospital. The 25-bed ward provides specialist care for children who are unwell or who have had an accident.

To raise the money the pair sold tickets to a disco and buffet they organised for their martial arts students and their families. They also held a charity raffle on the evening, with prizes donated by the students and their families. One generous family even donated a digital camera worth £100. They also had a children's entertainer who kept the younger students entertained.



L to R: Steven Treadaway, Chris Luckham, Holly Ward manager and Philip Rourke

Ramsey WI get knitting for special care baby unit



Kate Rivett, neonatal manager with Ramsey WI members Diana Hyde, Carole Lovell and Margaret Whyte

Poorly new born babies being looked after at a special care unit will be tucked up snug in bed with hand knitted blankets and hats thanks to the generosity of Ramsey Women's Institute.

Diana Hyde, President of the Ramsey branch, recently handed over blankets and hats they knitted themselves in their 'Knit and Natter' group to the Dreamdrops appeal, which supports children's services across Huntingdonshire.

The knitting club, run by Carole Lovell, met every fortnight for a year to knit the 10 blankets and 15 hats which will go to the special care baby unit run by Cambridgeshire Community Services NHS Trust. Based at Hinchingbrooke Hospital, the unit looks after new born babies who are premature or unwell.

Kate Rivett, neonatal manager, at the special care baby unit, said: "I would like to thank the members of Ramsey Women's Institute and the 'Knit and Natter' group for their very kind donation.

"The blankets and hats they have donated make a real difference to the babies that we care for, not only in terms of helping to keep the babies warm, but also because they help to create a more homely feel during a difficult time for families."

Dreamdrops – Huntingdon Children's Charity – aims to raise money to make a real difference to children and families who use hospital or specialist health facilities in Huntingdonshire. Money raised supports those extras not covered by public funds, but which make using the health service more tolerable for children and their families.