

## Having fun with food!



Healthy Kid5 is a fun and interactive guide to help children enjoy their meals and exercise.

Created by health professionals at South Staffordshire Primary Care Trust the site at [www.healthykid5.com](http://www.healthykid5.com) contains a wide variety of ideas for fun and interactive events and supporting information for children and parents.

Nearly one in five final year primary school children is obese according to a recent report from The NHS Information Centre.

PCT figures produced with the help of local primary schools, show that East Staffordshire pupils in Year 6 of primary school, the percentage classified as 'obese' was 18.4% in 2009/10 which is statistically similar to the rest of England. This is notably higher than the percentage in Reception year classified as obese which was 10.9%.

Dr Aliko Ahmed, Director of Public Health for South Staffordshire Primary Care Trust, NHS North Staffordshire and Staffordshire County Council said: "With a range of partners we are working with children, young people and their families to help them to maintain a healthy weight.

"This work includes regular support and information on motivation, physical activity, healthy eating and portion control. There are many opportunities now for children to be physically active during and after school including the Gardening Olympics which encourages young people to grow their own vegetables, eat a healthy diet and exercise regularly.

"However, these recent statistics clearly tell us that we need to do more with younger age children in primary education to combat obesity and positively encourage healthy eating and participation in physical activity. With partners across Staffordshire we are fully committed to reducing the future health implications for Reception year pupils and will continue to develop initiatives to tackle this problem locally."

## Registrar's Office Refurbished

The Registrar's Office at the Trust has undergone a refurbishment to improve facilities for people who use it.

Staffordshire County Council opened the office at Queen's, opposite the WRVS Shop, as a 'trial' in 2005 and it has been a hugely successful partnership between the authority and the hospital.

Jane Dodd, Registration Service Area Manager for the council, said: "It is a service that is highly valued by our customers.

"The appointments to register deaths are usually "dovetailed" with the hospital's Bereavement Service, which enables customers to receive a seamless service.

"They are invited to see the Bereavement Service Coordinator, Suzanne Wain to receive support and deal with the hospital's administration; they are then escorted to our office where we are able to register the death in one visit.

"The death certification would already have been passed on to the Registration Service by the Hospital Bereavement Service, and checked by the Registrar, to avoid any delays in the registration process.

"The birth registrations at the hospital usually involve Mums in their dressing gowns, sometimes in wheelchairs. They arrange their appointments to register through the contact centre, from a telephone on the maternity ward which the hospital has provided for this use.

"Although not all the births are registered while Mum and baby are in the hospital, it can prove a real help for parents, especially if Dad has a limited amount of time off work for the birth or there are other siblings to consider."

The improvements have made the office more welcoming for customers by changing the layout and freshening up the décor.

Suzanne commented: "This has been a pioneering service and we have a good, working partnership with the Registrars.

"As a result of the positive work done by the service other hospitals have developed their service along the same lines and as regards the Government's new recommendations for end of life care, our on-site Registrar service ticks all the boxes."



*The Registrar's Office before (left) and after refurbishment, Suzanne Wain, Bereavement Service Coordinator, with Registrars Judy Shorthouse (in 'before' picture) and Pat Court.*



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# Queen's Goes Global



Queen's Radiology Department donates X-ray equipment to the Somali Support Association - pictured (from left) is: Susan Grice, Radiographer, Capdi Aakiro, Somali Support Association representative, Alan Welton, Radiology Porter and Jack Ballance, Radiographer.

A new initiative at Queen's Hospital is offering a helping hand across the world.

Several members of staff freely give their expertise and time to help projects in developing countries and their experiences are the inspiration behind a major project at the Trust.

Global health is a wide-reaching term which covers all types of projects in developing countries. Some examples include working at a hospital in Africa, where staff can use their expertise to care for villagers or fundraising to build a health centre in a rural Indian community.

Visits to developing countries such as Zambia and Ethiopia to provide support and clinical assistance to people in need are examples of the work undertaken by Queen's staff.

Lisa Kelly, a business manager at the Trust, has recently returned from Addis in Ethiopia where she worked with a group of young disabled people.

Talking about the Trust's future plans for a global health project, Lisa said: "Engaging in international health projects can be very rewarding; it makes you really value our National Health Service.

"You learn to be creative in a resource poor environment, whilst developing communication, project management and leadership skills.

"We hope to take the Global Health project forward and build on our links to encourage more people to become involved."

Recently the Trust was approached by the Somali Support Association to donate medical equipment to their charity.

As a result the Radiology department came forward and donated X-ray equipment which was no longer being used. The equipment is now being shipped to Somalia where it will help to provide vital diagnosis for the people there.

In the coming months, the Trust will be taking up different global health projects. Initiatives to look out for include: an old spectacles collection for Vision Aid and collection drives for old clothes, books, toys which can be given to staff heading overseas on voluntary trips.

If you would like to be involved or have any ideas on how Queen's Hospital can develop its global health initiative, please contact 01283 511 511 ext 5914 or email natalie.ploughman@burtonh-tr.wmids.nhs.uk

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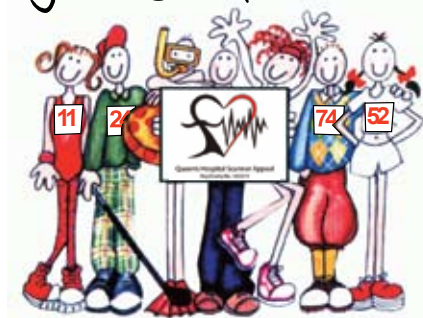
Queen's Hospital Scanner Appeal

# Spring Walk/Run

Sunday 3rd April 2011



Organised by local Rotary Clubs



at CATTON PARK  
Near Walton-on-Trent, South Derbyshire, DE12 8LN

(access via A513 Alrewas to Tamworth Road)

by kind permission of Mr & Mrs R Nielson

- The event comprises of either one or two 5-mile laps within the park •
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### Entrance Fees

Adults - £8 in advance (£10 on the day)

Children under 16 - £4 in advance (£5 on the day)

Entrance and Sponsorship Forms available from:

Queen's Hospital Scanner Appeal, The House, Belvedere Road, Burton upon Trent, DE13 0RB  
(Cheques payable to: Queen's Hospital Scanner Appeal)  
or online at [www.burtonhospitals.nhs.uk/fundraising/events/asp](http://www.burtonhospitals.nhs.uk/fundraising/events/asp)  
'Just Giving' facility available