



The CHYME study: children and young people managing epilepsy at home



A research project that should help children and young people with epilepsy to live with their condition and manage their treatment at home was launched in North Wales this month.

The CHYME - Children and Young people Managing Epilepsy - project will investigate what the children and young people themselves see as the challenges they face, and how healthcare professionals can give them the means to resolve these problems for themselves. The project will develop the evidence-base for using behavioural interventions in routine clinical practice.



Mary Burrows (second from left) and Sheila Lewis (second from right) are joined at the project launch by colleagues from the Health Board, Walton and Bangor University

Children and young people with epilepsy are at risk of poor health outcomes, including reduced quality of life and psychosocial problems. Supporting them

to better self-management of their epilepsy is a priority as it supports improved quality of life and mental health outcomes.

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The project is being led by Sheila Lewis, the Health Board's Epilepsy Nurse Specialist, who was awarded an Academic Health Science Collaboration (AHSC) fellowship to carry out the research. Over 80 Welsh healthcare professionals applied for this prestigious award. Sheila was one of two nurses among the 25 who were successful and is the only nurse to receive this award in north Wales.

The Walton Centre for Neurology, education,

universities, and local epilepsy and children's charities will be participating in or supporting the research. The project will be supervised by Professor Jane Noyes and Professor Richard Hastings at Bangor University. They said "CHYME is an excellent example of collaboration between health organisations, NHS professionals and Bangor University to develop research for the benefit of patients, in this case

children and young people with epilepsy and their families."

Health Board Chief Executive Mary Burrows said "We are proud to be part of the CHYME project. We are always keen to develop ways to help people manage their own conditions at home. I would like to congratulate Sheila on receiving the Award and look forward to the research contributing to modernising the way we deliver care in this area."

Masters success for Community Specialist in Conwy

Deborah Roberts, Specialist Behaviour Practitioner, recently completed her Masters in Leadership in Social Care.

Deborah's role promotes the psychological wellbeing of children across the county of Conwy through prevention and early intervention. She is assisted by a support worker and secretary, and offers support to parents or carers of children between the ages of 5 to 11 years who may be experiencing difficulties in managing their child's behaviour.

As there was no direct equivalent in post in North Wales, Deborah set up the current service. This involves delivering training programmes to all levels of staff in the community and at Glyndwr University, running parenting programmes in community venues and supporting staff who work with families, either individually or through groups.

Deborah's Masters degree follows previous diploma and honours degree in counselling and community practice. Her 20,000 word dissertation evaluated how participants were managing two years after completing an Incredible Years Parenting Programme, and this has now been accepted for publication. A previous module explored how this programme could support parents of children on the autistic spectrum, and the positive findings, in collaboration with Child and Adolescent Mental Health Services in Conwy, were published in the Community Practitioner Journal.

Deborah enjoyed the course overall, although it could take over her social life at times! Keeping up to date with current research was invaluable and is something she intends to keep going.



New infection control strategy launched

At the end of December Health and Social Services Minister Lesley Griffiths visited Wrexham Maelor Hospital to launch the Welsh Government's Healthcare Associated Infection (HCAI) Framework.

The Framework aims to ensure effective infection prevention and control (IPC) arrangements and antimicrobial stewardship. It was developed through collaboration between Public Health Wales, local health boards and other key healthcare partners in Wales including professional bodies and community health councils.



The Health Minister, Lesley Griffiths said: "This new Framework for healthcare organisations represents a major step forward in tackling HCAIs. The overarching message is that infection prevention and control is everyone's business. A challenge for healthcare organisations is therefore to help patients, visitors and staff understand the role they can play in tackling HCAIs."

While in Wrexham the Minister was given a demonstration by the infection control team of the correct way to wash hands effectively.

New base for Gwynedd Memory Clinic

Changes are ahead for the Gwynedd & Môn memory clinic which has been in operation since 2000, based first in Ysbyty Gwynedd and then, since 2009, Ysbyty Cefni on Anglesey.

Last year the clinic was sectorised into Gwynedd and Anglesey with the three consultants for Older Age Psychiatry, Dr Kurian, Dr Mirza and Dr Gutting, leading for the areas of Arfon, Dwyfor & Meirionnydd and Ynys Môn respectively.

Now the MDT staff covering the Gwynedd sectors (Dr Kurian and Dr Mirza, along with

Deputy Manager Bethan Kendrick, Occupational Therapist Karen Wood, and Clinical Psychologists Dr Joanne Kelly-Rhind, and Professor Bob Woods) have moved to a new base in the Hergest Unit, Ysbyty Gwynedd.

This has greatly reduced travel times for Gwynedd residents coming to clinic for consultant appointments and has equally benefitted team members by reducing the time spent travelling to clients in Gwynedd. The move also means the team can liaise more easily with the community mental health team in Bangor.

Research Award for Dermatology Nurse Specialist

Angela Steen, Dermatology Clinical Nurse Specialist based at Glan Clwyd Hospital has been awarded the Nursing Prize by the UK Dermatology Clinical Trials Network. Angela received the award in recognition of her dedication and hard work to expand dermatology research within the central area of the Health Board.

Having spent twenty two years within the speciality of dermatology Angela has seen the benefits that research can bring and knows that it does have a real impact on the clinical care we give to patients; by incorporating evidence based practice into our clinical care we can improve the outcome for patients.

Through her work she strives to make sure that patients in Wales get the same access into clinical trials as our neighbouring dermatology patients in England and at the moment she is recruiting local patients into three dermatological studies.

With this award, Angela will now join with other Specialist Registrar Fellows, including Associate Specialist Dr Alison Devine who is also based at Glan Clwyd and received a DCTN research award in 2010, on the UK DCTN Steering Committee and take part in a number of activities including the British Epidermo-Epidemiology Society dermatoeidemiology course and visits to the UK DCTN coordinating centre in Nottingham.

London marathon run will support deaf children



Anne-Marie (right) with Wrexham Athletics Club running partner Debbie Dodd, who works at the Countess of Chester Hospital

Biomedical Scientist Ann-Marie Parry, who works in the Microbiology section of the Pathology labs at Wrexham Maelor Hospital, will be taking part in this year's London Marathon.

Ann-Marie started running with Wrexham Athletics Club in October 2010, and after doing some smaller races, took part in the Wrexham and Chester half marathons last year. However London will be the first time she has taken on a full marathon.

She will be raising funds for NDCS (National Deaf Children's Society) who have given support to the grandson of a friend of hers who was born premature which resulted in him being profoundly deaf. The charity represent the interests and campaign for the rights of the 45,000 deaf children and young people in the UK, from birth until they reach independence. Anyone who wants to support her efforts can do so online at <http://uk.virginmoneygiving.com/Ann-MarieParry>

Do people with a dementia want to know? - Bodnant Memory Clinic Audit

Studies by the Alzheimer's Society have indicated that around 700,000 people in the UK are living with dementia. Evidence also suggests that most, but not all, people would want to be told if they had dementia, while different studies have shown that anywhere from 17% to 76% of carers think that clients should be told their diagnosis.

Since November 2009, Bodnant Memory Clinic has been carrying out a survey of views on this issue. A short questionnaire has been included at initial screening appointments, asking clients and carers whether they would want to be told about a diagnosis of dementia.

This has shown that around two thirds of clients wanted to know if the eventual diagnosis was for were Alzheimer's Disease or a similar condition, only 9% didn't want to know while a quarter were undecided.

The results were very different for the carers, where 92% wanted to be told of the diagnosis and the rest were unsure. None of the carers said they didn't want to know. However only 57% of carers felt that the client should be told their diagnosis, while 15% thought that they should not be told (the remaining 28% were unsure). The survey also highlighted differences of opinion between some clients and their carers in some cases, leading to a risk that disagreements could develop over this.

The key lesson to come out of this audit is that the decision on whether to reveal a diagnosis of dementia needs to be led by the client's views, and treated as an individual process for each client.

Asking these important questions at the initial screening means that the decision about disclosing the diagnosis can be guided by the individual's views and tailored to their needs. And if the questions show that the client and their carer have different opinions, finding this out early on means the clinician can help them to work through any disagreement and support them both through the process of disclosure. This will add to the quality of the service provided, allow an individual approach and maintain the dignity of those being given a diagnosis.

Any queries on this work can be addressed to Dr Louise Cunliffe, Consultant Clinical Psychologist, Bodnant

Send us your news...

If you have any good news where you are working why not share it across the Health Board? Whether it is a successful new initiative, an award or recognition for a colleague, a service development or some other achievement, we'd love to hear about it.

Contributions can be sent to andrew.scotson@wales.nhs.uk

There's no need to write loads - anything from a couple of paragraphs to perhaps 250 words is plenty and pictures are always welcome.

Clinical skills tutor is all at sea

Tom Williams, Clinical Skills & Simulation Tutor based at Wrexham Maelor Hospital, is taking part in an unusual challenge to raise money for Nightingale House; sailing alone around the Atlantic Ocean in a 9 metre boat!

Having left North Wales in October, he made for Ireland, over the notorious Bay of Biscay to Spain, then on to Portugal and Madeira. After taking some time out in the Canary Islands for Christmas, he continued south to the Cape Verde islands, another 800 miles away. From here the winds should be more settled, making his first Atlantic Ocean crossing quicker and safer.

He left the Cape Verdes on Friday 27th January bound for Grenada in the Caribbean, more than 2000 miles away. He estimates the passage should take anywhere between 18 and 21 days to make, a lot of time to spend alone!

When Tom arrives in the Caribbean, he intends to stay there until early May, before taking on the challenging North Atlantic route to return home in July. His colleagues wish him well in his efforts, and look forward to seeing him safely back in post at the start of August.



If anybody wants to sponsor Tom, they can do so via his justgiving page www.justgiving.com/Tom-Williams7. Links to his blog site which describe his remarkable voyage so far, as well as to the boat's satellite tracker, can also be found here.

Cheshire Cats set to jazz up charity funds

A highly acclaimed Golden Age of Swing 'Big Band' will be performing in North Wales to support the Chrysalis Trust.

Dr Jazz and the Cheshire Cats, led by Dr Catherine Tackley who is one of the UK's foremost jazz academics, features a line up of musicians from across the North West. They perform familiar big band classics and forgotten gems from the bands of Glenn Miller, Count Basie, Duke Ellington and many more. The concert also features songs made famous by Frank Sinatra and the Rat Pack, and more recently by Robbie Williams and Michael Bublé.



Founded in 2001, Chrysalis is a registered charity providing free information, counselling and support to families who have a child diagnosed with a life threatening, life limiting or terminal illness. A bereavement counselling service is also available to parents and siblings following the sad loss of a baby, child or young adult through illness, accident or stillbirth.

The band will be playing at the Beaufort Park Hotel in New Brighton near Mold on Thursday 23rd February. Tickets are £8 and are available from the Chrysalis Office on 01745 589920 or they can be purchased from The Beaufort Park Hotel: Tel: 01352 758646.

News from Ysbyty Gwynedd Children's Services

Staff from the Ysbyty Gwynedd Childrens Unit raised just over £1,000 dressing up as children's characters for Children in Need 2011.



Pupils from Ysgol Syr Hugh Owen, Caernarfon visited the Childrens Ward before Christmas with gifts for the children: the boys had very kindly decided to each buy an extra item to donate to the ward on their recent shopping trip to the Trafford Centre.

Mr Tom Williams, Manager at Dinlle Caravan Park (part of Thornley Leisure Parks) donated £500 to the Ward, something they have done for many years through organising fun days at the site.



Raising money and awareness for Breast Cancer Care Cymru

Clair Tipton from Workforce & Organisational Development, based in Bryn y Neuadd Hospital, along with other Health Board colleagues has helped organise a fundraising walk with a friend who wanted to commemorate her grandmother who had been lost to cancer.

Simone Roberts decided to set up the walk to support Breast Cancer Care Cymru, to increase awareness of the disease among younger people and with the money raised going to support the Head Strong project at Glan Clwyd Hospital.



(L to R) Simone Roberts; Elaine Jones and Laura Lloyd (both work at Ysbyty Gwynedd); Julie Roberts and Clair Tipton (both work at Bryn y Neuadd) and Rhian Jones (also Ysbyty Gwynedd)

The event was supported by many volunteers from the local Health Board; as well as Clair's work on the administration of the walk mentions must go to Julie Roberts from Bryn y Neuadd who provided first aid support and Rhian Jones from Pharmacy who secured many raffle prizes to help with the fundraising. Clair and Julie in particular were keen to get involved as a colleague had recently undergone treatment for cancer.

The walk linked Anglesey and Gwynedd, starting at Bangor Pier and heading out over the Menai Straits to Llanfair PG before returning to the Pier, a total distance of ten miles. It attracted widespread support from local businesses and the public, with over 60 women taking part along with one man who was allowed to join in as his wife was too ill to undertake the walk herself following treatment for breast cancer.

Simone's original target was £2,500, but the event has proved to be an incredible success, so much so that the total raised now stands at over £7,500 and plans are already underway to repeat the walk this year. The date has already been set for October 7th, and the team will be having a float in the Bangor Carnival on 9th June to promote their work.

For more information please join their Facebook page at

www.facebook.com/pages/Bras-4-Boobs-Walk-for-Breast-Cancer-Care/264296230260279
(or go into Facebook and search for "bras 4 boobs")

or email simonelloyd99@yahoo.co.uk.

Chairman opens 'Stories & Journeys' exhibition

Health Board Chairman Prof Merfyn Jones has opened a new exhibition at Gwynedd Museum & Gallery in Bangor. The 'Stories & Journeys' exhibition displays art work and multi-media installations resulting from Nichola Goff and Michael McMillan's past year as the Health Board's artists in residence.



Left to right: Prof Merfyn Jones, Head of Arts Therapies Liz Aylett, Nichola Goff and Michael McMillan

Nichola and Michael worked within Ysbyty Gwynedd Elidir Renal Unit, Allaw Unit and Rheumatology clinics in Bangor and Llandudno and held workshops at the Gwynedd Museum & Gallery. Patients used visual and audio/narrative media to share their individual stories and journey to recovery and wellbeing. Much of this work has also been published in two books which can also be seen at the exhibition.

Professor Jones said "This exhibition is a vivid and startling reminder of the imagination and creativity which can be unlocked and expressed even in the most difficult circumstances. It is impressive testimony of the value of art and of story-telling in a health care setting."

The programme is funded by the Health Board's Charitable Funds and Arts Council of Wales and is supported by Gwynedd Council Community Arts Unit.

The exhibition runs until 25th February 2012; more details can be found at www.eventsnorthwales.co.uk/events/8331/stories-and-journeys

Helping our local hospices



Ladies Lunch

A Ladies Lunch in support of Gwynedd and Anglesey Hospice at Home will be held at 12:30pm on Wednesday 22 February in the Trearddur Bay Hotel, Trearddur Bay. Tickets are £20.00 each inclusive of lunch followed by a guest speaker from RAF Valley and are available from the Hotel, from the Holyhead or Valley Hospice at Home shops or by contacting Hospice at Home on 01286 662772.



Nightingale House Hospice
Hospis Ty'r Eos

Zumbathon

Nightingale House is staging a charity Zumbathon at Glyndwr University on Friday 17th February. The event is being run by the 'Zumba with Beckie' team and is open to everyone aged 14 and over of any ability, from complete beginners through to experienced participants. There will be guest appearances from Zumba instructors from around the area who will provide a mixture of different styles and choreography to bring you a fantastic Zumba experience, as well as dance demonstrations and a raffle. More details can be found at www.zumbawrexham.com. The event runs from 6:30pm to 9:30pm and tickets, priced £10, can be bought at the Hospice by calling 01978 314292 or online at www.nightingalehouse.co.uk

Sponsored Abseil

Plas Power Adventure (www.plaspoweradventure.com) are running a sponsored 100 foot abseil down Trevor Rocks near Llangollen on Saturday 10th March. There is a £10 registration fee and participants, who must be aged over 16, are asked to raise as much as they can in sponsorship. For more information and to book your place contact Samantha Lee on 01978314292 or email samantha.lee@nightingalehouse.co.uk



St. Kentigern
HOSPICE & PALLIATIVE CARE CENTRE
HOSPIS A CHANDOLFAN SOFAL

Moonstruck in New York

On Tuesday 14th February there will be a Valentine's evening of entertainment at Theatr Twm o'r Nant, Denbigh featuring Sioned Terry, Mezzo Soprano, in support of the Hospice. Tickets cost £25 and include champagne, chocolates and Italian canapés as well as the film 'Moonstruck' starring Cher and Nicholas Cage. Tickets are available from St Kentigern Charity Shop in Denbigh and Denbigh Chocolate Shop.

St David's Day Dinner

On Thursday March 1st Denbigh Golf Club are hosting a St David's Day dinner. Tickets are priced at £20 and include a three course meal and entertainment from Dafydd Huw Jones and Betws yn Rhos Male Voice Choir to celebrate St David's day. Contact Lindsey Thomas in the Fundraising dept on 01745 536022 for further details and to reserve places.



Sponsored Walk

Hope House will hold their annual 10 mile sponsored walk along Llangollen Canal on Sunday 4th March, from Trevor to Chirk. The route begins at Trevor basin at the aqueduct and travels along the canal, revealing some of the breathtaking local scenery. Walkers should arrive at 10am, with maps at the ready for 10.30am. Children are welcome but must be accompanied by an adult; please note the canal path is not suitable for pushchairs or wheelchairs. Registration is free! However places are limited so we advise you to register early. Information packs containing your sponsorship forms will then be sent to you. To register for the walk or for more information please call the Fundraising Office on 01691 671 671.