

*Special reports inside*



*Happy  
Birthday*

**NHS**

# Strength in numbers as staff celebrate 70 years of the NHS



Photograph: VTOL Media/Neil Pepper

Staff turned out in numbers to help celebrate the 70th anniversary of the NHS with a very special photograph.

With more than a little help from Neil Pepper at VTOL Media, some wonderful images, like our front page and the one above, were captured, along with a very special video which you can see on our [YouTube channel](#).

They will serve as a lasting memorial to colleagues who dedicate themselves every day to serving our patients across Shropshire, Telford & Wrekin and Mid Wales.

The image and video have proved to be a hit on social media with some great feedback from those who have seen it.



## Message of the Week Simon Wright, Chief Executive

Yesterday (Thursday) we celebrated the 70th birthday of our NHS; and all the extraordinary staff that work in this fantastic, unique institution. No other workplace can compare to the NHS, where a difference is made to people's lives each and every day—and that is thanks to you and all of our NHS colleagues.

The NHS was officially born in 1948 with the ethos that no one should be denied medical treatment because they can't afford to pay for it. It's been on quite a journey since.

The advances in medicine have been ground-breaking and jaw dropping, there is no doubt about that —IVF, keyhole surgery, transplants to name a few, have transformed lives.

Yet it is the dedication and devotion of the everyday heroes that work in our hospitals and on our wards that has also rightly earned the NHS its place in the hearts of the nation. Caring and compassionate are the words I see so often in the letters I receive about staff from our patients and their families, and that is why I believe that the NHS is so enduring.

[You can read the rest of my message here.](#)



[Watch a special video message here](#)

**70**  
YEARS  
OF THE NHS  
1948 - 2018

# Council delivers giant birthday card

A special giant birthday card has been delivered to SaTH by the Mayor of Telford & Wrekin.

The card featured hundreds of signatures from members of the public who attended a special event in Telford last week to mark the 50th anniversary of Telford's creation and the 70th anniversary of the NHS.

The card was presented to SaTH Chair Ben Reid by Mayor Councillor Raj Mehta during yesterday's meeting of the Trust Board.

A second card was being presented to Telford & Wrekin Clinical Commissioning Group later in the day. As part of the NHS70 celebrations, Southwater in Telford, along with other landmarks across the country, was lit up blue last night.



## NHS 70 cakes for patients

Twenty five scrumptious birthday cakes were delivered to the wards as part of celebrations to mark the 70th birthday of the NHS on Thursday 5 July.

SaTH organised for the celebratory cakes to be delivered to all wards at both hospital sites. Patients that are able to join in were offered a slice of Victoria sponge cake, complete with the NHS70 birthday logo, as part of their evening meal.

Tesco Extra in Shrewsbury has also kindly donated a £100 gift card towards cakes for patients to mark what will be a very special national occasion. This has been used to purchase specialist cakes for those with allergies.

Julia Clarke, Director of Corporate Governance at SaTH, said: "This year is a very special year for the NHS, and we wanted as many of our patients as possible to feel part of those celebrations."

## Trust staff join celebrations at Westminster Abbey



Long serving members of staff from SaTH were at Westminster Abbey yesterday (Thursday) for a special service that paid tribute to 70 years of the NHS.



# Saturday is Fun Day!



The centrepiece of SaTH's NHS70 celebrations will take place this weekend.

The [NHS70 fun day](#) will take place in and around the Shropshire Conference Centre (SECC) at RSH on Saturday from 11am. It will be preceded by a charity fun run which begins at 10.30am.

The event will raise money for two of the Trust's causes – the Living Well with Dementia Appeal and the End of Life Care Swan Fund.

The event will feature some of the finest acts on the Shropshire music scene. Confirmed acts include Shropshire Rock Choir, Of One Accord and singers from musical theatre group Get Your Wigle On.

They will be joined by the likes of Top Bananas, Tom Barras and Geoff Rogers – all familiar faces on the gig circuit around Shropshire and Mid Wales.

Musicians will be performing right from the start of the fun day at 11am and before that there will be music from Shrewsbury Brass Band to entertain runners taking part in the 5km fun run.

The fun day itself will feature a host of attractions including a Nerf gun arena, Army medics, toddler's bouncy castle, Crossbar Coaching, Little Rascals, along with tours of the Lingen Davies Centre and food – all being staged in a variety of 'through the ages' zones.

The fun day will also see the unveiling of a special sculpture which has been created using obsolete hospital equipment by the British Ironwork Centre near Oswestry, who have also produced special blue butterfly ornaments which will be on sale on the day to raise money for the Dementia Appeal, whose symbol is a blue butterfly.

There will also be the first chance to buy raffle tickets for a very special teddy bear – named Bevan after NHS founder Aneurin Bevan – which has been

## 70 YEARS OF THE NHS 1948 - 2018

created exclusively for SaTH by traditional teddy bear makers Merrythought to raise funds for the SaTH Charity.

A smaller version of Bevan—limited to 1948 bears—is already available to buy via the link on the SaTH website at

[www.sath.nhs.uk/about-us/nhs70/bevan](http://www.sath.nhs.uk/about-us/nhs70/bevan)

Julia Clarke, Director of Corporate Governance, said: "We see ourselves very much as part of the community, which is why we wanted to invite people to come here and celebrate with us.

"The fun day will have something for everyone.

"As well as all the things you would expect to see at a fun day, such as a bouncy castle, there will also be a focus on the NHS with memorabilia from the last 70 years.



Fun day attractions include musicians like Geoff Rodgers (top); Exotic Zoo (above); Nerf Gun arena (bottom left) and a chance to buy specially created butterfly ornaments (below)



# NHS memories star in birthday showcase



Memories of the birth of the NHS 70 years ago (5 July 1948) have been recorded as part of celebrations at SaTH.

From early starts of a student nurse to the demands of a busy switchboard, pioneering work carried out by surgeons to a doctor inspired by the work of her great uncle, the Trust has recorded the evolution of the NHS from its beginnings in 1948.

TSaTH has been through its archives to pick out important moments in healthcare in Shropshire and these will all be on display in the indoor arena at the Fun Day, while the Trust has also created a video playlist in which it speaks to former staff.

One of them, Doreen Powell, became one of the country's first student nurses with the NHS. Spending three years training, she remembers it as being hard but rewarding work.

Living in a nurses' home where there was a strict lights-out policy at 10.30pm, she recalled how each student nurse was given two ounces

of butter, two of sugar and two of tea which would have to see them through the week. They were paid just £8 a month.

"I used to be allowed to come home at weekends, so I would cycle 30 miles and it took three hours. It was hard work but I got so much satisfaction."

Doreen is amazed in the advances in technology but admits that 'change is for the better'. "I would not like to be doing it now though," she added.

Manning the switchboard was a full

time job for Freda Donnelly – one she enjoyed so much that from her first day in 1948 she remained in post until 1995.

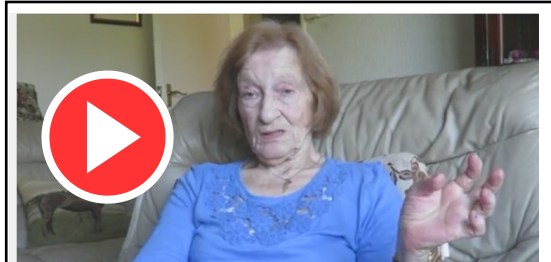
The hospital was run by one doctor and the matron and she remembers, 'they decided everything'.

With two outside lines and 25 extensions, Freda was responsible for connecting everyone within the hospital.

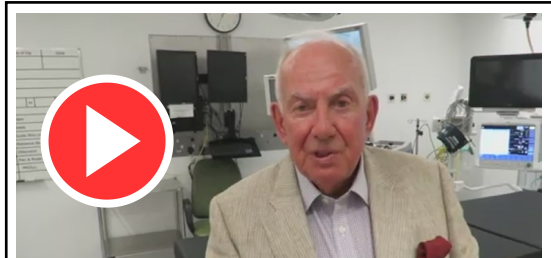
"Shropshire was ahead of its time. I enjoyed my job, it was never boring," she said.

# 70 YEARS OF THE NHS 1948 - 2018

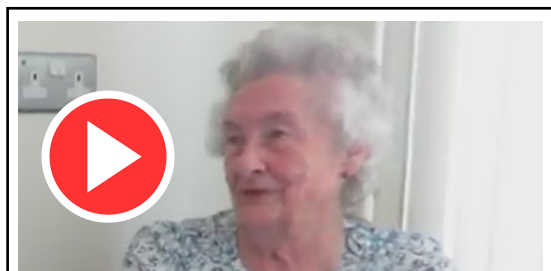
## WATCH



[Doreen Powell was one of the first NHS student nurses in 1948](#)



[Through the key hole with pioneering surgeon David Evans](#)



[Freda Donnelly explains what it was like working in the NHS in 1948](#)



[Surgeon inspired by her Great Uncle, Sir Archibald McIndoe](#)

# Don't forget to nominate colleagues in our #NHS70 VIP Awards

Our annual Values In Practice (VIP) awards will this year take place in one of the hangers at RAF Cosford and will be themed to tie in with the national NHS70 celebrations.

Nominations are being invited in eight categories:

- Patient Experience Award
- Behind the Scenes Award
- Rising Star Award
- Team of the Year
- Volunteer of the Year
- Improvement of the Year
- Inspirational Leader of the Year
- Learner of the Year



Nominations can be made via the Values in Practice website at <https://awards.sath.nhs.uk> There will also be nomination boxes at both hospitals for people to post written nominations.

**Nominations closes on 27 July.**

## Latest Swan Room opens for NHS70

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SaTH has opened its latest end of life care 'Swan Room' as part of events to mark 70 years of the NHS.

The latest Swan Room was opened on Ward 26 at RSH by John Walker and his family in memory of John's late wife, Cathryn.

SaTH now has 12 Swan Rooms, which provide privacy and dignity for patients at the end of their life.

The introduction of Swan Rooms is part of the Trust's Swan Scheme, which uses a swan symbol to represent End of Life and Bereavement Care.

Improvements have been made possible by kind donations to the Swan Fund, which was set up in the summer of 2015 with a donation of £500.

Since then, the fund has grown thanks to generous donations from individuals and groups.

Money raised at tomorrow's NHS70 Fun Day at RSH will be shared between the Swan Fund and our *Living Well With Dementia* Appeal.



# Special offers to celebrate 70 years of the NHS

# 70 YEARS OF THE NHS 1948 - 2018

To mark the #NHS70 celebrations, there are some special offers for NHS staff locally.

As a thank you from [Little Rascals](#) to all hardworking NHS staff, the Shrewsbury indoor soft play centre is offering all NHS workers free entry for their children until Monday (9 July). You just need to show proof of your NHS employment and can be accompanied by a maximum of three children.

There's also still a chance to take advantage of an offer from Telford & Wrekin Council for its leisure facilities. The offer ends tomorrow (Saturday) and includes:

- Free Ice Skating or Half Price Family Ticket
- Free Day pass to use Horsehay Village Golf Centre aspirations health & fitness facilities

- Free round of golf at Horsehay Village Golf Centre (after 12pm) booking required

- Free public swim or family swim

- Half Price Family Ski School session at Telford Ski Centre (2-4pm) - booking required

- Free Family Adventure Golf

To benefit from this local NHS employees will just need to show their NHS staff card at entry.

## Staff images linked to song lyrics to celebrate best of the NHS

# ♪ Lean on meme ♪



Staff and volunteers at SaTH became internet memes to help promote NHS70 locally. Fitting song lyrics were added to images of colleagues and tweeted throughout Thursday to celebrate the incredible work that takes place every day.

See more on Twitter @sathNHS

# The NHS at 70: A patient's story



■ Annie Hambley with her husband, Mark and son, Bodhi

A few months ago I had a call off programme researcher for ITV about a series they were putting together to celebrate 70 years of the NHS. We were invited to go to London for a couple of days and film a short video as part of a collective song to say thank you to all the amazing people that work within our National Health Service!

Unfortunately my son, Bodhi, had got the 100th virus this year and the thought of hurling him down to London with a fever to spend the day in a studio and the night in a hotel just wasn't an option no matter how well stocked the mini bar was with gin, so sadly we didn't get to say our 30 second personal thank you after Coronation Street, so instead I'll say it the best way I know how ...

"Two years ago this very week, after our second attempt of IVF, we watched two pink lines appear in front of us—two lines that without the staff of the NHS, the work they do and love and commitment to their service, we would never have seen and our miracle baby wouldn't be here now lying sleeping on my chest!

There was so many people involved in our IVF journey, Many we didn't see; such as the researchers, scientists, administration team, porters, pharmacists, embryologists that do what they do every single day not seeing the outcome!

Then there were the people we met often along the way: the lady in the League of Friends that made our tea on the appointments where we waited preying for good news, the phlebotomist's that took my bloods three times a week, the staff that would smile

## 70 YEARS OF THE NHS 1948 - 2018

By Annie Hambley

passing us as we walked into the fertility unit, the ward clerk that greeted us on every visit, that answered our anxious calls nervous for results and who's calm voice kept us crying down the phone.

The consultant who with a career of experience ensured that we got exactly the right protocol for us, the radiographer who, a couple of times a week, told me "this will be cold and wet" as she went about searching for those illusive all important follicles, the embryologist who talked us through what would happen during egg collection and who looked after our little embryo babies with so much care...and of course our team of nurses—our fairy godmothers—Yvonne, Gwen, Clare and Roz .

The respect, admiration, love and gratitude I have for ALL these people makes my heart swell out of my chest, I cannot and will not ever be able to thank

them enough for what they have given us...because they gave us life, not just our beautiful Bodhi, but by making our miracle baby they gave us a life that is more magical, precious and wonderful than I could have ever imagined.

**However my gratitude to the NHS doesn't just end there.**

This week also marks another anniversary, however a sad one. One year ago, on 6 July, my beautiful and brave father passed away in the Royal Shrewsbury Hospital from cancer.

Because of the amazing team that were involved in his care he always kept positive and hopeful right up till the last day.

No-one gave him any reason to feel otherwise as that's what he wanted, he wanted to carry on for as long as he could believing in life and thanks to the Lingen Davies centre at SaTH, and the many others involved in his treatment, he was able to do just that in as little pain and discomfort as possible...whilst still whistling and being his cheeky sarcastic and wonderful self!

Thank you to all these amazing people, the ones that make life, that help it into the world, that care, cure, nurture, treat, rehabilitate, comfort and then help it leave as peacefully as possible.

Because of you for a few months last year a miracle baby was able to spend time with his wonderful Grandad.

Thank you from the very bottom of my heart to every single one of you, you may just be "doing your job" but that is the most special job in the world as you are touching individual lives in extraordinary ways and your influence, your care, what YOU do will last for many lifetimes."

**Thank you, Annie, Mark & Bodhi xxx**



# #EndPjparalysis

70 Day Challenge

# VIDEO

SaTH has completed 'The 70 Days to End PJ Paralysis' and now a special video has been released that shows just some of the highlights from the challenge.

When the challenge ended SaTH were named the sixth best Trust in the UK for getting patients up and moving and the seventh best for getting patients dressed into their clothes.

Ruth Smith, Matron, said: "This shows a great achievement from the Ward staff across SaTH in doing what is right for our patients and avoiding deconditioning or harm."

Although the 70 day challenge has official ended, wards are expected to continue to record the number of patients up, dressed and moving each day in the national App as this data will still be

collected to capture ward achievements from a quality perspective.

Deirdre Fowler, Director of Nursing, Midwifery and Quality, said: "I am incredibly proud of the teams at SaTH and what they have accomplished for the benefit of our patients."

■ **Watch the video here or by pressing the play button below.**



1948  
limited  
edition  
teddy  
bear  
made for  
SaTH  
Charity



**NHS**  
The Shrewsbury and  
Telford Hospital  
NHS Trust

**70**  
YEARS  
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*Charity Fun Day  
with dozens of  
attractions*



**Video archive  
capturing the  
history of the NHS  
locally**



The little book of  
**SaTH**  
The Shrewsbury and Telford Hospital NHS Trust

**Little book of  
SaTH printed,  
telling the story  
of our hospitals**



**NHS70-themed  
staff awards  
at RAF Cosford**



**Unique NHS70  
sculpture created**



**Big 7 Tea tea  
parties for  
our volunteers**



**5km Fun Run with 500  
runners signed up**

**Butterfly  
ornaments  
produced to  
raise funds for  
dementia care**



Proud To **Care**  
Make It **Happen**  
We Value **Respect**  
Together We **Achieve**