



Barts Guild News

ISSUE 13

JUNE 2019

New look for the Princess Alice Garden

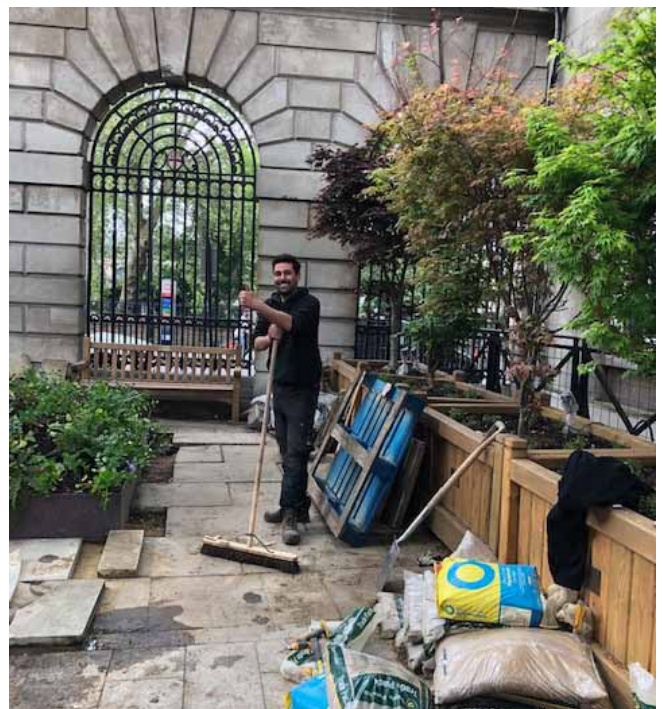
The Princess Alice Garden has long provided a peaceful haven for the tired and the troubled but, 20 years after its last major refurbishment, the Garden itself was looking weary and in urgent need of some serious TLC.

Garden designer Mary Keen agreed that the garden was overdue for refreshment. Her design aims to create a 'quiet green sanctuary' that is welcoming and has a rich diversity of beautiful plants.

Garden contractors Rosebank Landscaping set to work in February and the project is nearing completion. Overgrown trees have been tamed to let more light into the garden and new plantings of colourful acers, shrubs and perennial flowers will ensure colour and interest throughout the year.

The wooden benches and planters have been rearranged, refurbished and restored to their natural colour. At the appropriate time of year the planting will be completed with a Princess Alice rose, but visitors will have to wait until next summer to enjoy the scent of its lovely yellow blooms. As a permanent memorial to her late husband John, Guild President Ann Wickham has provided a beautiful Chilstone table and a set of benches.

Every project hits a snag at some point and unfortunately the tender bark of the newly planted acers [photo overleaf] proved to be irresistible to the garden's resident squirrel family. Remedial action has been taken to



Clean sweep. Photograph: PATRICK JENNINGS

protect the trees and encourage the squirrels to desist from their destructive behaviour.

The Garden was originally named and developed to celebrate the 100th birthday of our late Royal Patron HRH Princess Alice. The garden will be officially visited by TRH The Duke and Duchess of Gloucester on Thursday 24 October. The Duke is the Guild's Royal Patron and he and the Duchess were consulted during the planning stage and have shown great interest in the project for which we thank them enormously.

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New look for the Princess Alice Garden cont.

Thanks are also due to the Barts Health Senior Management and Facilities teams and Father Marcus Walker, the Rector of Saint Bartholomew-the-Less, for the support and encouragement they have given to the project.



Tree surgeons ready to operate.



Squirrel damage. Photographs: PATRICK JENNINGS

Professor Caulfield honoured

Many congratulations to Professor Mark Caulfield on his Knighthood awarded in the Queen's Birthday Honours for services to the 100,000 Genomes Project!

He is Chief Scientist to Genomics England. Professor Caulfield graduated in Medicine in 1984 from The London Hospital Medical College and trained in Clinical Pharmacology at Barts where he developed a research programme in molecular genetics of hypertension and translational clinical research.

He is now Professor of Clinical Pharmacology and Co-Director of the William Harvey Research Institute, based in Charterhouse Square.

Did you know?

That the character of the psychopathic killer Villanelle in the TV series 'Killing Eve' was based on advice given to the scriptwriters by a lecturer in psychiatry at Barts and The London School of Medicine and Dentistry?

Dr Mark Freestone, Senior Lecturer and MSc Coordinator at the Centre for Psychiatry, one of the three Centres at the School's Wolfson Institute of Preventive Medicine, who has 'worked with psychopaths across Britain's most notorious institutions' according to the *Daily Telegraph*, was recruited to assist the series' writing team in making the character believable.

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Celebrating International Nurses' Day

On 12 May the Guild marked International Nurses' Day by sponsoring free ice cream for staff, patients and visitors. The ices were served from an adapted taxi cab which turned, quite literally, into a 'pop-up' shop, and long queues formed across the Square eager to sample the tasty treats.

International Nurses' Day was officially recognised in 1975 and is always celebrated on 12 May – the anniversary of Florence Nightingale's birth 199 years ago. The theme of this year's event was 'Health for All'. The Day aims to raise awareness of the vital role played by nurses in healthcare across the world, often in difficult and dangerous circumstances, and to offer nurses information to support their continued learning.

The Guild was delighted to support this event and we send our thanks to nurses everywhere but especially to all Barts nurses past and present.



*The ice cream man pops up.
Photograph: PATRICK JENNINGS*

All change



Patrick Jennings will be stepping down as Guild Chairman at the AGM on 17 October 2019 and at the same time, Sir Marcus Setchell will also step down as Vice-Chairman.

The Chairmanship will be taken on by Valeria Locatelli and Ian McDowell who will serve as joint Chairs. Valeria and Ian know the Guild well, having been Trustees for the past four years.

Keith Bottomley, the current Honorary Treasurer, will also take on the role of Vice-Chairman.

Jenny Jeyarajah will be stepping down as Hon. Secretary after approximately eight years of tremendous service in this role and will give way to Lesley Evans, who again knows the Guild well having been a Trustee for the past three years.

We thank Patrick, Marcus and Jenny for their service to the Guild and wish Valeria, Ian, Keith and Lesley the very best in their new roles.

The Guild and the National Service Act of 5 July 1948

In March 1948, Mrs Geoffrey Keynes, the Guild's Hon. Treasurer, announced that a decision had been made by the Executive Committee to liquidate the capital which the Guild had accumulated [see Note 1].

This decision was made in view of the uncertainty of the role of volunteers and their assets after the National Health Service Act was passed on 5 July 1948. The money raised was to be donated to the wards and staff of the hospital. The future income of the Guild would be raised from subscriptions.

In October 1947 representatives of the Guilds and Associations of 15 of the London Teaching Hospitals met to discuss the past and present work of the Societies with particular reference to their future plans and prospects, ie after the NHS Act of 5 July 1948, and to receive assurances that their funds would be untouched and left for the societies' disposal.

Six months later Her Majesty the Queen in March 1948, talking to the staff and volunteers at Queen Elizabeth Hospital in Gateshead, Newcastle said: "We must not think that the qualities of charity and endeavours which have both been given to hospitals will be any less required in the future than they have been in the past. A long and honoured chapter is coming to an end and a new page in social history is about to be written. I have no doubt that the future will see our Health Service pre-eminent in the world by virtue of both their efficiency and their ready ministering to the needs of all. Yet we cannot afford to relax our personal efforts on behalf of our hospitals. The added duties shouldered by the state do not absolve us from the practice of charity or from the exercise of vigilance. The English way of progress has always been to preserve good qualities and apply them to new systems. We must hold fast to the human virtues which have made us great and which if carried forward into the new world that we seek to create will make us greater still." [See Note 2]

Barts Hospital, founded in 1123, was, like most

other teaching and general hospitals, a voluntary hospital relying on gifts, donations and legacies to maintain its staff, patients and buildings. The consultant staff gave their services free to the patients.

The Guild's immediate task, when founded in 1911, was to make and provide clothing and other necessities for the patients in the Hospital and for when they were discharged. Their initial source of finance was from subscriptions and gifts of materials for the clothes they made. Branches had been set up around London to boost supplies and finances. For 37 years this was their very successful *modus operandi*, during which time they raised many thousands of pounds to help the hospital, its patients and staff.

Then, in 1948, it appeared their services were no longer needed. Hence the decision to liquidate their accumulated capital, as detailed in the box opposite.

The 37th AGM was held on 24 June 1948. The Chairman, Lady Ismay, said in her opening remarks: "How sad that this will be the last meeting with the old regime and from 5 July we will be placing the results of our hard work into other hands."

But the Clerk to the Governors, Mr Carus-Wilson, replied: "The Ministry (of Health) was anxious for the Women's Guild to support the funds and provide comforts for the patients which the New Health Service could not give. The Women's Guild is one of the greatest assets of a Hospital and can save immense sums of money which would otherwise have to be spent by the Ministry.

And so the Guild moved forward into the new regime with a renewed mission, but with the same commitment and dedication, which it had demonstrated since 1911, and went from strength to strength, adapting to the changing medical, social and political climate as necessary.

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The Guild and the National Service Act of 5 July 1948 cont.

1. Sale of assets	
3½% was stock raised	£508.11.0d
National Savings certificates	£95.4.7d
from the Busy Bees (<i>Guild's children's branch</i>)	
Interest on investments	£8.15.0d
2. Grants to the Wards: patients and staff:	
a. Matron's Discretionary Fund	£100.0.0d
b. Out-Patients' Samaritan Fund	£200.0.0d
c. Ward Sisters for provision of comforts for patients (18 @ £20)	£360.0.0d
d. Children's Library for purchase of trolley and books	£20.0.0d
e. Hospital Library for purchase of books	£20.0.0d
f. Convalescence of Out-Patients	£10.10.0d
g. Special Boot for Patient	£3.0.0d
h. Down Pillows for sick nurses	£43.15.0d
i. Out-Patients' Christmas Tea	£35.0.0d
j. Oxygen Box for Maternity Ward (from Busy Bees fund)	£22.7.6d
3. The Balance at the Bank in December 1948	
On Current Account	£105.15.5d
On Deposit Account	£204.15.10d

Note that £1 in 1945 is approx. £26 in 2019

And the Guild continues today: "To help the Hospital by personal service and by provision from the Guild's funds of such amenities for the patients and staff as would not be available to them under the National Health Service."

My admiration for all our Treasurers, past, present and future knows no bounds.

ANN WICKHAM

Note 1

Mrs (later Lady) Geoffrey Keynes, Hon. Treasurer from 1946 to 1950, was the wife of Sir Geoffrey Keynes (1887-1982), a famous Barts surgeon who also pioneered blood transfusion and helped to found the London Blood Transfusion Service in 1921. He was the younger brother Maynard Keynes. Lady Keynes was a member of Barts Guild from 1935. She died in the 1980's.

Note 2

HM Queen Elizabeth the Queen Mother later became Patron of the League of Hospital Friends, now known as "ATTEND" to which we are affiliated.

City Just Giving Day

Local Santander staff dug deep for this year's JustGiving day and raised £220 for the Guild. Their contribution was matched by the bank.

We're extremely grateful for the generous total donation of £440 and send thanks to the Santander staff and their bank.



Fancy fundraising for us?

We're always thrilled to receive donations, be they from individuals or from a group, such as the staff at Santander.

If you would like to fundraise for us, either in your place of work or elsewhere, then please get in touch. We'll support and promote your fundraising, and mention you in the next issue of Barts Guild News.

www.bartsguild.org.uk/fundraise

Volunteering adventure

The Guild's Niamh Whelan recently returned after a six-month volunteering stint in Laos. Here Niamh tells of her experience, illustrated with some of her images of an unforgettable period in her life.



I took a sabbatical from my NHS job to work for six months – from September 2018 to March 2019 – in Lao Friends Hospital for Children (LFHC) in Luang Prabang, which is in Northern Laos.

The hospital was established in 2015 by a charity called Friends Without a Border. It is the only free hospital for children in Laos which means it is a vital component of the current health system there. Healthcare in Laos is generally very poor and sadly costly. This means that most people can't access healthcare and mortality is high across the country.

The model for the hospital is essentially providing a high standard of FREE healthcare to children and to up-skill local staff. Ultimately, in ten years' time, it will be handed back to local government and international staff will step away.

The hospital is located in the grounds of the local Provincial Hospital but is run completely independently. It consists of an Emergency Department (ED), an inpatient ward, a neonatal unit, one small operating room and an incredibly busy Outpatients Department. About 120 children present at ED each day.

The hospital is always over-capacity, so often families will have to sleep outside, in the corridors or double up in beds.

The types of problems that are seen include:

- Severe malnutrition: this is sadly a huge problem in Laos.
- Beri-Beri disease: this is a thiamine deficiency seen in breastfed babies when the mother is on what is called a taboo diet. Northern Laos is tribal and one of the hill tribes called the Hmong often take taboo diet while breastfeeding whereby they only drink water and eat chicken and white rice. The babies then become thiamine deficient and present to hospital, very unwell, in heart failure.
- Trauma: many children present with injuries from road traffic accidents. Children will climb tree for coconuts etc. and ALWAYS fall. They also experience a lot of knife wounds from hunting.
- Burns: particularly during the winter months as all homes will have an open fire.
- Respiratory conditions: pneumonia is a huge killer. Our hospital doesn't have the ability to ventilate children so mortality is high from respiratory conditions. These conditions are very treatable at home in the UK.
- Tropical diseases: typhoid, Japanese encephalitis and Dengue fever.



Volunteering adventure cont.

There are many international volunteers that come to LFHC to support the local staff to up-skill. My role while I was there as a volunteer nurse was to support a team of more experienced nurses to take on the role of team leader in the inpatient ward. As a team leader, they would manage all the other nurses on shift, oversee all the admissions and discharges, identify deteriorating patients, represent the nursing team on ward rounds, manage staffing issues and I guess ultimately, be the unit leaders.

This is often a difficult task for nurses in Laos and they are often not empowered to take on such leadership roles. Challenging and questioning practice and decisions can be difficult for them. The majority of my role therefore involved building their confidence to trust their own judgment and teaching them ways to address issues that were comfortable for them but also to solve the problem. Nurse training doesn't focus on critical thinking in Laos so a lot of my time was invested in teaching them these skills. Watching them grow and develop into role-models and leaders over the six months was amazing and there was a remarkable change in their practice.

It was incredibly challenging working in Laos and these were the greatest challenges for me.

High mortality rate: Children shouldn't die of the conditions and diseases that children in Laos die from. It was really tough when children didn't survive because they didn't have the same access to medication or care as we have in the UK.



It was a resource-limited environment, so you had to be really economical about what was used and often had to consider whether using a specific medication on a patient was a good decision if they were critically unwell – something we never have to consider in the UK.

Capacity: we were the only hospital for children in Northern Laos and if we ran out of space – we just ran out of space. The inpatient ward had 24 beds but we would usually have 35-40 patients admitted.

Many families would use traditional medicine before bringing their children to hospital. This meant when they finally presented children were usually really unwell and treating them then was challenging.

The heat: I'm not used to working somewhere where you sweat all day. We did have some fans but the families didn't like them on as they hated the cold. Ha!

Continued on page eight.

Volunteering adventure cont.

Language barrier: teaching and training in a different language was really tricky. Communicating with families was even more difficult. The nurses attended daily English classes and their English was really good – especially in comparison to my Lao. But I really did have to rely heavily on just saying words they would understand and demonstrating tasks through doing.

Attitude towards nurses: my nurses in the NHS run my unit. Nursing in Laos is very different. It's not a profession therefore they often don't feel empowered to make change.

To be honest, there were many more positives than negatives.

The Lao people are just beautiful – they always smile and they made me feel so welcome. They invited me into their lives, brought me food, invited me to family events and generally just made sure I was taken care of all the time. They are an incredibly generous, humble nation of people who you just can't help falling in love with.

It was the ultimate challenge for me to be dragged out of my comfort zone. I had to go back to grass roots nursing and was clinically challenged every day. We didn't have the ability to refer to specialists so you really had to think about diagnosis, treatment plans and nursing care based on the resources available.

I learned so much about caring for children in resource-poor environments, but also about supporting and guiding people to reach their greatest potential.

The children and their families were just beautiful and families are expected to do all the personal care for their children while in hospital. It's a real partnership between medical professionals and families in treating the children.

The Neonatal Unit expanded enormously while I was there and it's the only neonatal unit in the country. It was incredible to see how staff quickly adapted to learning a whole new type of nursing and how they managed to care for infants born as early as 28 weeks. This is a huge achievement for Laos as neonatal care is a really new concept there.

I feel as if I might be getting carried away but there is so much to tell. It was an incredible adventure.

There is lots of information about the charity and how it was established by a Japanese photographer on their website: <https://fwab.org/laos/>

They also have a sister hospital called Angkor Hospital for Children in Siem Reap, Cambodia, which is much more developed.

NIAMH WHELAN



Volunteer Voice: Joan Johnson 1933 - 2019

Volunteer Voice may seem a strange place for an obituary but the letter the Guild received from Joan's daughter Julia perfectly expresses how much being a Barts Volunteer meant to her mother.

I am writing regarding my mother Joan Johnson who sadly passed away on 16 January 2019 at the Royal Sussex County Hospital in Brighton.

My mother worked as a volunteer in the Barts Hospital flower shop for a number of years during the 1980s and had very fond memories of this experience, particularly working with Lady Percival, and Jackie and Alison.

This volunteer work was a central part of her life whilst she struggled to cope with supporting my sister, Hayley, who had a rare genetic disease. She enjoyed being part of the Barts community, as the shop was a hub for visitors and staff alike, providing flowers to the visitors to take to relatives on the wards at a time when they were still allowed, and essential chocolate to the doctors, nurses, therapists and the like. When we moved from London she would continually reminisce about the experience and continued to receive paper copies of the Barts Guild Newsletter; the last one she received going with her in her coffin!

As a family we lived in a flat in the Barbican. I also worked for a short time as secretary to Dr Andrews in the Dyslexia Clinic and as a volunteer Play Helper on one of the children's wards. I trained as an occupational therapist, following which I returned to work for what was then City and Hackney Health Authority (later to become Barts NHS Trust), working for about four and a half years at the Regional Neurological Rehabilitation Centre at Homerton Hospital.

I used to swim early in the morning in the Barts pool and then get the staff bus up to Homerton Hospital. My older sister, Sally, got married in Saint Bartholomew-the-Less and her wedding reception was held in the Great Hall. We also made use of the hospital facilities for our own health needs.



I have recently returned to Barts for some work-related meetings, giving me opportunities to reminisce. I can honestly say that St Bartholomew's Hospital played a significant part in our family's life through the 1980s and we will be forever grateful for those memories.

With Best Wishes, Julia Krikman

We regret to announce the death of two distinguished members of the Guild.

Professor James Malpas died on 29 April 2019. His funeral was held at Saint Bartholomew-the-Less on 29 May and a Memorial Service is planned.

Dr Audrey Tucker died on 30 May 2019. Audrey joined the Guild in 1987 and was Chairman from 2004 to 2007. She was married to the late Dr Lewis Cannell. A funeral service will be held at Saint Bartholomew-the-Less at 3pm on Tuesday 2 July 2019.

Full tributes will be included in the next issue of Barts Guild News.

A very merry Christmas

The Guild began the 2018 season of good cheer with A Celebration of Christmas. Performed in the Great Hall by the Barts and The London Music Society under their conductor Paul Edlin with third-year medical student Kaifeng Liang making her public debut as an accompanist. As always the concert featured traditional and contemporary music beautifully performed and with opportunities for the audience to join in lustily with favourite Christmas carols.

Instrumental music has become a regular and very popular feature of A Celebration of Christmas in recent years and the concert offered three of these musical treats. Alexander Zeghiazarian (violin) performed the third movement of “Winter” from Vivaldi's Four Seasons, Sakshi Das Gupta (flute) and James Robinson (piano) treated us to Mozart's Rondo in D major for flute and piano and the Society's string quartet gave us the second movement of Dvorak's America Quartet.

The musical numbers were beautifully punctuated with readings on seasonal themes delivered by Guild favourites Frank Barrie and Ursula Mohan.

Generous sponsorship from our good friends Saunderson House ensured that A Celebration of Christmas raised in excess of £2,000 to further the Guild's work for patients, staff and visitors. Saunderson House have kindly offered to sponsor this year's concert – Tuesday 3 December – and we are most grateful for their continued support.



The quartet plays Dvorak.
Photograph: BOB COOPER

Volunteers' Christmas party

On Thursday 6 December Guild volunteers celebrated with an evening of food, drink and good company at the Lord Raglan Pub.

The event was hosted by the Guild as a thank-you for all their hard work throughout the year. Unsurprisingly since Guild Volunteers were involved it was a thoroughly enjoyable evening and the caterers went above and beyond by producing some very special (and very scrumptious) cupcakes.

Photograph: PATRICK JENNINGS



Christmas Day plus Barts tree

In keeping with Guild tradition volunteers wrapped 300 gift parcels to bring some Christmas cheer to inpatients. On Christmas morning, Santa (AKA Guild Chairman Patrick Jennings) and elves Lesley Evans and Steve Bench took the trolley around the hospital to present gifts to staff on duty over the festive period.



The beautiful Christmas Tree (right) that brought Christmas cheer to the Atrium in the KGV building was a gift from the Guild. The tree is reusable and should last for many years to come.



Photographs: STEVE BENCH / PATRICK JENNINGS

Show time! Saturday 9 November 2019

At the end of 2018 the Guild were told that, for the first time, we would have to pay to participate in The Lord Mayor's Show and that the cost could be as much as £10,000.

Daunted by the threat of not participating in this year's Lord Mayor's Show it was clear that drastic action was needed. Barts and The London student Harris Nageswaran, my number two in last year's Show, helped me to launch an assault on Alderman William Russell at the annual post-Show Reception in Mansion House last February. I am delighted to say that after some pretty nifty negotiation we succeeded in persuading Alderman Russell, who, subject to election, will be the next Lord Mayor, to include the Guild in the Show once again under our usual terms.

We emphasised this important link between the City's own hospital and the history of the City's fathers' involvement with Barts over centuries and the charitable aims of the Guild.

The Lord Mayor supports several charities each year and Alderman Russell told us that even these charities are required to pay for entry. They will of course benefit from funds raised in his year of office which will not benefit the Guild, and I did ask him how much their Chief Executives earned. He was impressed to learn that we have only one paid role, that of the shop organiser, but that all others in the Guild are true volunteers and all monies raised go directly into patient and staff amenities. This is in deep contrast to most major charities who have large salaries to pay out of donations.

The Alderman was delighted with Harris's commitment to his medical training and his voluntary work for the Guild so between us we secured free entry for 2019, thus preserving the historic links between Barts and The Lord Mayor's Show for yet another year.

WENDY MEAD OBE CC

Hi Lizzie!

My name is Lizzie Clark and I have been working part-time at Barts as the Treasurer of the Rahere Association for two years.

The Rahere Association is another small, grant-giving charity, working for the benefit of the patients of St Bartholomew's Hospital. I am the only employee of the Rahere Association and oversee all aspects of administration for the charity. Prior to coming to work at Barts, I was an Administrator at the Association of Commonwealth Universities where I worked on the Marshall Scholarships Programme, a government-funded postgraduate scheme for Americans coming to study in the UK.

I learnt about the Barts Guild through this role, as our office spaces are based together. I was introduced to some of the Guild team and began to learn about the many things that the charity does for the hospital.

The Rahere Association sometimes jointly funds grant applications with the Guild and so I have occasionally worked together with the Guild in the administration of these joint grants. More recently, following an increase in the number of grant applications being received by the Guild, I have been assisting the Guild team in the administration of their own grant applications. I am now delighted to be able to provide some further administration assistance to the Guild, alongside my role with the Rahere Association, and I look forward to getting to know more about the activities of the charity and the events that they organise, as well as working with all the members of the Guild team.

LIZZIE CLARK



Barts Guild

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DATES FOR YOUR DIARY

Thursday 17 October

Annual General Meeting, Great Hall, Barts

Thursday 24 October

Princess Alice Garden official unveiling

Saturday 9 November

The Lord Mayor's Show – come march with us!

Tuesday 3 December

A Celebration of Christmas, Great Hall, Barts
Tickets on sale at the AGM

Thursday 5 December

Volunteers' Christmas Party. SAVE THE DATE!