



## Downing Street date for Sussex children's nurse

A SPECIALIST children's nurse from West Sussex met with David Cameron during an event at 10, Downing Street to celebrate leadership in nursing.

Denise Matthams was invited to the reception in recognition of her dedication to children's nursing, and her determination to ensure that young people get the best care that the NHS can give them.

Her drive has already seen her awarded a prestigious Florence Nightingale Leadership Scholarship.

In the year of this scholarship she is working to support her colleagues at Western Sussex Hospitals NHS Trust – working outside specialist children's areas – to be more ready and able to meet the specific needs of child patients.

Denise, the trust's head of children's nursing and services who works at both Worthing Hospital and St Richard's Hospital in Chichester, will also travel to South Africa later this year to see first-hand how they provide high-quality care for children on a far tighter budget.

"I was amazed when the invitation came through – I thought 'Who is doing this? Why is the Prime Minister emailing me?'" she said. "It was an honour to be there, and to be among people who have shown such strong leadership."

"I did manage to speak to the Prime Minister – he was interested in the Florence Nightingale Scholarship and I took the opportunity to talk about the importance of keeping up the profile of children's needs within the NHS."

"During my scholarship year I have chosen to see how we can make a difference for children. Young people are seen throughout the Trust – in A&E, in surgery, in pain management, everywhere – and I am working with colleagues to promote the standards we aspire to, and to help all my colleagues deliver the standards you would expect to find in a specialist children's area."

Cathy Stone, director of nursing and patient safety, said: "Denise fully deserves her scholarship, and her visit to Downing Street is yet more recognition of the work that she does."

"We want to encourage our nurses to show strong leadership, and to play an active role in ensuring that our patients get excellent care – Denise is a superb example of someone who is doing just that. She is a terrific role model for other nurses, and a fantastic advocate for our young patients."

## Blowin' in the wind ...

FIREFIGHTERS were called to the garden of a bungalow in Mendip Road, Worthing, on Thursday evening when high winds blew around a children's trampoline. It was made safe by the firemen.

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# Want to lose weight? ... Climb a mountain

### It's nothing to do with the exercise, it's all about altitude

By **Sarah Page**  
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HIGH altitude training could be the best exercise for weight loss.

And no, it's not just another faddy idea – it's the result of research from a senior lecturer at the University of Chichester.

Dr Stephen Myers says doing exercise in high altitude conditions could be the key to successful weight loss programmes.

Dr Myers, a sports physiologist, with colleagues from the Birmingham Medical Research Expeditionary Society, have recently returned from a high altitude research expedition in Bhutan, completing a series of experiments at 4,100m to look at the effects of exercise in the low oxygen conditions.

The data collected will improve the

wider understanding and early diagnosis of acute mountain sickness.

However, Dr Myers is confident the research can also be used when developing weight loss programmes, contributing to the global fight against obesity.

He said: "We know that mountaineers who spend time at altitude lose weight. The causes of this are unclear but are likely to be a mix of the increased energy requirement due to the lack of oxygen and the suppression of appetite regulating hormones."

"Therefore, if we expose obese people to reduced oxygen levels as part of a weight loss programme, it should aid weight loss."

During their research trip, Dr Myers and his colleagues used techniques and equipment more commonly found in hospitals than on a mountainside, adding

to the challenge. The results of these experiments will now be compared with those collected in the University's state-of-the-art hypoxic chamber, which can simulate the conditions found in Bhutan.

Talking about the experiments on the trip, Dr Myers said: "At high altitudes, the cold conditions and low atmospheric pressure reduces the availability of oxygen, termed hypoxia, meaning that physical tasks easily carried out at sea level leave people short of breath."

"After five days of high altitude trekking, participants completed a prolonged exhaustive exercise bout on a specially designed man-portable recumbent bicycle, whilst the delivery of oxygen to the brain and the leg was measured using near infrared spectroscopy and the appearance of lung fluid using ultrasound."

## Memories are made of this

LOCAL writer and music therapist Kym Veale is helping the elderly with memory problems in Sussex by urging them to re-live the golden years of music.

Kym has been touring Sussex care homes with an 'interactive memory prompting programme' - Vintage Radio Years - and it's proving a big hit.

It all began 12 years ago when Kym started researching the effects that music from the 30s, 40s and 50s had upon the overall well being of the elderly and the music's connections to their memory, emotions and physical responses.

Kym realised that most of the groups she visited throughout Sussex, including mental health units of Alzheimer's and dementia patients, cherished and remembered British band leader and radio presenter Henry Hall.

As a writer and developing vocalist, Kym got to work and redesigned 'Henry Hall's guest night' to bring back a family themed radio programme.

Kym gathers research of famous stars from this era, their catchy tunes and melodies, and presents them through a verse recited out to her groups with prompting titles of their famous songs, catchphrases and any other information she feels could have been stored within the memory.

Once the group has remembered 'the guest', for example a famous artist like George Formby and his ever favourite song 'Leaning on a lampost' are then encouraged to sing-along to the original recording. Kym has

also found through her research, mental health patients with Alzheimer's start to remember the lyrics when the melody alone has been presented to them.

Kym now wants to branch out with other like minded creative talent to support her pioneering initiative.

Health staff have said that they have been encouraged by what they have witnessed.

"The music is quite clearly trying to tell us why it was given the title 'The Golden Age'."

And she added: "I feel so privileged to have encountered and shared the memories and responses of my groups over the years, as I've listened with my heart to 'what really mattered to the British people', and found treasures of hope, love, family, and a tender connection from the talented artists of this time."

Kym now wants to join up with any talented musicians/songwriters with a vision to revive some of the greatest sounds ever produced from the swing era.

She would like to use her years of experience and research she has gained to carry on helping others.

If you would like to contact Kym regarding the Vintage Radio Years or to book a programme telephone 07731 ~ 991272.

E-mail: kymveale@btinternet.com  
Website: www.vintageradioyears.co.uk

**Pictured: Kym Veale: helping care home residents to regain their memories through music**



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## News Bulletin

### Shops celebrate independents' day in Midhurst

SHOPS and businesses in Midhurst are flying the flag for local retailers and supporting diversity on the high street. People across the country are being encouraged to buy at least one item from their local, independent shop to celebrate Independents' Day 2012 on Wednesday July 4.

Special offers will run throughout the day within Midhurst, including discounts and free extras. A variety of businesses are taking part, including cafes, boutiques, shoe shops, outdoor wear specialists, homeware shops, florists, beauty therapists, jewellers, upholsters and even motor repairs.

Melanie Burgoyne, Rural Towns Co-ordinator at Chichester District Council, said: "Over 160,000 independent retailers make up 92 per cent of all retail businesses in the UK, and so their importance to local economies as well as their contribution to a location's identity and community is unrivalled."

"Midhurst has a vast array of independent shops that help to make the town special and distinctive. Local businesses want to use Independents' Day to highlight what the town has to offer and to encourage more people to shop locally and experience the excellent service on offer."

Among businesses taking part are: Between the Lines, Black Sheep, Cabbage White, Caffé Verdi, Down to Earth, EsteticaEnviron, Dermatologica, St Tropez, Tisserand, Garton's Coffee House, J E Allnutt & Son, KerryType, Midhurst Engineering, Pandora, The Real Flower Company, Revamps, Stepping Out, Stockley Trading, Truffle, and The Upholsterer.

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