

The Greype-Vine Grey's Hospital Pietermaritzburg May 2006. www.kznhealth.gov.za/greyshospital.htm



The mural in the new Oncology Department Staff Room. Painted by Michelle Barrel

Editor :	Alison Guise-Brown	Pager 515
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	Mr. V Mkhize	Ward C2
	Sr C Stilwell	Ward D1
	Miss K Deepnarain	3308
	Ms N Gasa	PRO 3684
	Mr. Waheed Hoosen	3286

Editorial.

Somehow putting together this edition of the Greype-Vine seems to have been more time-consuming than ever. Appeals for articles have fallen on deaf ears, (thanks to all who did respond), which is a pity as there are people in the hospital who seem to enjoy reading the magazine. We will continue to try and make the articles varied and light hearted.

I saw Sr Meter at the shops a few weeks ago, and I am hoping to convince her to continue to write her gardening article for us as she always seemed to make them so personal and interesting. Since the magazine was first printed, Sister Meter never missed an edition with her 'Gardening Getaway.'

Interviews for the Chief Professional and Senior Professional Nurse posts are over and we would like to congratulate those staff members who have successfully received promotion.

As you all know, we sadly have to say goodbye to Mervalin Singaram. He has been a valuable member of our committee for a while now and we have thoroughly enjoyed his input to the magazine. On behalf of the members on the Greype-Vine committee we would like to wish him well in his new job and hope that Northdale realises what a gem they have 'inherited."

YEAR 1981

1. Prince Charles got married.

- 2. Liverpool crowned soccer Champions of Europe.
- 3. Australia lost the Ashes tournament.

4. Pope died.

YEAR 2005

- 1. Prince Charles got married.
- 2. Liverpool crowned soccer Champions of Europe.
- 3. Australia lost the Ashes tournament.

4. Pope died.

In the future, if Prince Charles decides to remarry, somebody please warn the Pope.

We decided to do a quick survey of three of our better-known staff members and we asked them some simple questions. Our questions were:

- 1. What is your favourite colour?
- 2. What is your favourite type of food?
- 3. What is your favourite type of music?
- 4. What is your favourite kind of weather?
- 5. What is your favourite holiday?
- 6. What is your favourite type of car?
- 7. What is your favourite type of sport?
- 8. Which sports team do you support?

Our answers went like this.

Mervilan Singaram. Patient Administration.

- 1. Black
- 2. Pizza
- 3. South Indian Classical
- 4. Blue skies and sunshine

- 5. Lying in the Bahamas with a Pinna Colada in my hand
- 6. Anything convertible
- 7. Cricket
- 8. Manchester United Soccer Team.

Senior Sister Gwen Mackintosh. Ward H1

- 1. Pink
- 2. Roast Chicken
- 3. Classic Pop
- 4. Sunny weather
- 5. Relaxing at home
- 6. 4 door sedan
- 7. Ice skating
- 8. Natal cricketers-Dolphins

Sister Xoli Mtunzi Occupational Health.

- 1. Cream
- 2. Meat
- 3. Afro Jazz
- 4. Autumn Weather
- 5. Mini hiking in the Berg
- 6. Audi 1.8 T
- 7. Netball
- 8. Orlando Pirates Foot ball Club.

"Love all, trust a few. Do wrong to none". --William Shakespeare.

Shirley Gorrie.

What does one say about the 'doyen' of the Radiography and Oncology department at Grey's Hospital? This magazine is not large enough to have the whole story printed. I will therefore try to give you a condensed view of Shirls.

Shirley Gorrie was born in Bethlehem round about the time of the 'rinderpest'. She was educated in Durban and did her diagnostic radiography training at Addington Hospital. She then went to Royal Marsdon Hospital, in England, where she trained and worked as a therapeutic radiographer.

After her return to South Africa and her marriage to Dave, she moved to Greytown where she helped run a dairy farm and became a Mom to 2 daughters.

In 1984 Shirley took over the reigns of the Grey's Oncology and Radiotherapy Department, which she has run 'in a Maggie Thatcherish' kind of way ever since. Numerous part time radiotherapists and many of the Durban trained Oncology doctors have had the pleasure of working with

her in a highly organised department.

I believe Shirley's success is because she has strong Christian beliefs, a tremendous love for people and an interest and passion for the well being of her cancer patients. She always finds the time to listen, not only to the patients and their relatives but to her fellow staff members as well.

22 years down the road Shirls has been retired. She can look back with pride and rest happily knowing that 'her' Radiotherapy and Oncology Department is now a 'state of the art' department. She will leave a legacy of love and commitment to her patients and the oncology staff, and her footsteps will be so hard to follow... She will be missed by all her patients and the staff – past and present. Go well Shirls in all your future endeavors. Sue Auchincloss.

I was told this morning that apparently the water bottles we keep after finishing the spring water inside can cause cancer.

At the bottom/side of the bottle there's a triangle (the recycle sign) with a 1, 2.... 5 in it. These are indicators as to how many times the bottle can be used. If a 1, then discard the bottle after you emptied it, if a 5, then you can use it an unlimited number of times.

The reason for this is that the bottle with a 1 on the bottom side or underneath was created from a plastic that disintegrates so fast that the molecules it's made up of can enter the water, and in that way into your system.

The bottle with a 5 is made from a stronger plastic.

Campus News.

The Campus has advertised 12 Tutors posts, which will hopefully be filled, in the not too distant future. Interviews are being held on 22^{nd} June 2006.

Mrs Moira Wiles is leaving at the end of June, to go and run Mrs Singh's Nursing School. Moira has worked at the Campus since 1984 and she will be sorely missed. Moira has been the backbone of the Grey's Campus for many years and her expertise, knowledge and willingness to help everyone is unsurpassed. We wish her luck in her new endeavour and know that Grey's' loss is Mrs Singh's gain. Thankfully she has not been totally lost to Nursing Education. **Mrs Sheila Demmer** has returned after a month away. Thankfully she has decided that she is not quite ready for full-time retirement and so she is working part-time. Our students will still benefit from her expertise, as she will continue to teach Ethos and Professional Practice.

Staff Nurse TD Khanyezi has joined the Clinical Department, on a temporary basis, while Sr L Maharaj is away on maternity leave. (She had a little boy and has named him Jarryd.) Staff Nurse Khanyezi has proven to be an invaluable asset, as she patiently teaches the nurses on the wards to do dressings, observations etc.. We would like to thank her for her assistance and her willingness to join a department, which has never had a staff nurse working in it before.

We would like to congratulate the following staff who have been promoted to Subject Heads.

Mrs M Subhan: Community Nursing Science Mrs T Makhathini: General Nursing Science Miss B Stakes: Fundamental Nursing Science and A&P Ms N Royan: Psychiatry Miss T Sinqoto: left on 30th April to go to Edendale Nursing College as their subject head for FNS.

Laugh often, long and loud. Laugh until you gasp for breath.

And if you have a friend who makes you laugh, spend lots and lots of time with HIM/HER.

Polio Awareness Campaign. 2-8 April 2006.

In commemoration of the Polio Awareness week running from the 2-8 April 2006, Grey's Hospital held a Polio Awareness Campaign at the Outpatient Department on Wednesday, 05 April 2006. The day's proceedings began with a prayer by Mrs Nzimande, Assistant Nursing Manager of Paediatrics, who then welcomed everyone present and thanked them for attending.

'Children's Right to Health' was the theme of the day. To explain the significance of the occasion was Sr Mathonsi, Unit Manager of Paediatric I.C.U. who narrated the history of Polio and how it surfaced in South Africa in 1919. This, she explained, was due to people living in slums without proper sanitation. Thanks to awareness and immunisation campaigns, rates of infection have been brought down. As 90 - 95% of infected persons do not show symptoms of infection, Sr Mathonsi encouraged the community to utilise clinics and health care centers. Hand washing after using the toilet and before eating is a preventive measure to help the community eradicate Polio.

Sr Khambule explained to the community how a child's immunisation card works. "Polio immunisation is given to children at birth, six weeks, 10 weeks, 14 weeks, 18 months and at five years," she stated. Kathy Kissoon entertained the community with spiritual music. Polio drops were also given to children that were present during the campaign. The event ended on a lighter note, with more music and tokens of appreciation for those who attended.

PRO – Ms N Gasa

The first couple to be shown in bed together on prime time TV was Fred and Wilma Flintstone.

Grey's Mammography Department.

Grey's Hospital Mammography department officially opened on the 1^{st} APRIL 2006. We have since imaged fifty patients. Mammography patients are referred from the Western Kwazulu Natal area to the breast clinic, and then to the Mammography department. Patients from Madadeni and Ladysmith Provincial Hospitals are referred directly to the Mammography department. All patients being referred from within the hospital must be seen by a consultant, an x-ray request form must be completed and sent to the mammo department with the patient.

The Mammography department offers a dedicated breast imaging service with two dedicated mammographers, Yolanda Thambiran and Favourite Shembe, and specialist radiologist, Dr S Panday.

The Mammography services includes:

Mammography

U/S of the breast including US guided Breast

Biopsies, and

Stereotactic Breast Biopsy

Yolanda Thambiran Chief Radiographer

HIJACKING AWARENESS GUIDE

Prepared by: Inspector Riaan Steenkamp Elsburg SAPS

HOW TO AVOID A HIJACK SITUATION.

Hijacking is not a new or unique problem to South Africa.

The first hijacking was recorded in 1984.

Hijacking is also not only a problem just associated with industrial areas; e.g. Wadeville in Germiston, but rather a problem associated with the availability of a certain of vehicle.

In 90% of these cases the hijackers were armed, although only 1% of attacks involved a fatal shooting. This means that the better prepared a potential victim is, the greater probability of the person surviving the attack with limited physical injury.

1. Take Precautions:

- Be familiar with your environment.
- Get to know who belongs in the vicinity of your home or workplace, and who does not.
- Keep your eyes open for anything out of the ordinary.
- Lock all doors and close windows before driving off.
- Try to vary your route to work, the gym all places you travel to regularly.
- Hijackers are professionals too; they plan their attacks carefully.
- Ensure all your mirrors are adjusted to give you an optimal all-round view of your surroundings.

• Try to stop about 5m behind the car in front of you at a stop sign or traffic light – it makes for an easy getaway if trouble arises.

2. Don't Be Fooled By:

- False appeals for help.
- "Accidents" such as having you car rammed from behind.
- Someone trying to get help from a stationary car.
- Your electric gates being jammed

3. Know Your Environment:

- If approached by a stranger while in your car, drive off if possible and/or use your hooter to attract attention.
- Be constantly on the lookout for suspicious looking characters or vehicles and do not hesitate to report them to the Police.
- Always be on the alert for potential danger, and be on the lookout for possible escape routes and safe refuge along the way.
- If any person or vehicle in a high-risk area arouses your suspicions, treat it as hostile and take appropriate action (i.e. Ignore a red robot if it is safe to drive through; turn off and speed away from the perceived danger zone) and call for assistance where necessary.
- Always have your identity document and driver's license on your person and a pen and notepad ready to make necessary notes.
- If possible, avoid driving in the dark. Hijackers may stage a minor accident; e.g. If your car is bumped from behind and you do not feel comfortable with the individual/s involved in the situation, drive to the nearest Police Station for help.
- Never open your vehicle window or door for any stranger. If a suspicious person is near your unoccupied car, do not

approach the vehicle. Keep walking to the nearest public area and ask for assistance.

The types of vehicles that are hijacked most often are:

Nissan Hardbody Toyota Corolla Toyota HIACE Toyota HILUX Toyota VENTURE Citi Golf Nissan 1400 Mitsubishi Colt Isuzu KB280 and 250 So if you drive one of these vehicles, be extra careful.

A man and his ever-nagging wife went on vacation to Jerusalem. While they were there, the wife passed away. The undertaker told the Husband "You can have her shipped home for \$5,000,or you can bury her here, in the Holy Land, for \$150." The man thought about it and told him he would just have her shipped home. The undertaker asked, "Why would you spend \$5,000 to ship your wife home, when it would be wonderful to be buried here and you would spend only \$150?" The man replied, "Long ago a man died here, was buried here, and three days later he rose from the dead. I just can't take that chance."

WORLD ASTHMA DAY AT GREY'S HOSPITAL

The 2nd of May was World Asthma Day and the Respiratory Clinic at Grey's Hospital took full advantage of the occasion to both educate and entertain the public. Grey's staff gave talks on important aspects of asthma management.

The respiratory unit doctors explained the science behind asthma and its triggers. The pharmacy unit then gave a presentation on asthma inhalers and their effects. As general good health is also important in controlling asthma, the departments of dietetics and physiotherapy gave the audience some pointers on good nutrition and useful breathing exercises.

The highlight of the day was a role-play performed by the Respiratory Clinic team emphasizing the topics covered by the morning's speakers. It was a very entertaining way for everybody to learn more about this common condition!

The rest of the morning was used to give the audience an opportunity to have some tea and cake with staff and ask questions or make comments.

This was Grey's first World Asthma Day event and judging from its success, it won't be the last. We are looking forward to make 2007's event bigger and better!

Dr C Lee

THE WINNER OF LAST MONTH'S COMPETITION WAS LEE-ANN NAIDOO FROM ULTRA SOUND. SHE WON A CHOCOLATE CAKE SPONSORED BY CHATTERS COFFEE SHOP.

HRD News

There were 248 posts advertised in April. Interviews are currently being carried out. As of 01 March 2006 to 08 May 2006 there were 31 new appointments and 16 exits.

From the Human Resources Department we would like to welcome Mrs EMR Durandt, Assistant Manager - Labour Relations, Human Resource Officers - Olivia Anthony, Krithika Deepnarain, Nolene Naidoo, Marvin Sanyasi and Bongumusa Dube and temporary registry clerk in Human Resources - Thokozani Mntambo.

We would also like to wish all members of staff writing exams, all the best of luck for their exams and hope they all acheive.

Krithika Deepnarain

Uniform Allowance.

By now all members of trained staff will have received their uniform allowances for 2006. We would like to remind all those concerned that the nurse's uniform consists of:

Professional Nurse / Staff Nurse – White dress that must have sleeves and a collar. It must be of a suitable length and should not be made of see-through material.

Brown lace up shoes and a maroon jacket. (Cassimjees in Goolam Centre sells the correct jackets.) *Unit Manager* – Pale blue dress that must have sleeves and a collar. Navy blue shoes.

Radiology News.

We are delighted to inform you that the two Radiology registrars trained at Grey's Hospital have passed their final radiology examinations in Johannesburg, and have been awarded their F.C. Rad (Diag) SA degrees. The two registrars are Dr Johan Abrahams, and Dr Leon Scoombee. Their 4-year registrar time will be complete in September 2006.

> Dr A F Stoker Chief Radiologist.

Farewell to Sister Lesley Liebenberg.

Sadly Sister Lesley Liebenberg will be leaving Grey's, on promotion, at the end of May, to take up a post in Head Office, as Assistant Manager in Infection Control. She will be in charge of establishing an infection control training programme for KwaZulu Natal.

Sr Liebenberg trained at Rondebosch Cottage Hospital, in Rondebosch Cape Town in the 1960's, attending Carinus Nursing College. She then completed her midwifery training at the Old Grey's, after which she worked for a period in the ICU of Guy's Hospital in London. In 1982 she completed her infection control training at Red Cross Children's Hospital in Rondebosch Cape Town. This was the first course of its kind to be held in South Africa. After working for four years as a matron in the Victoria Hospital, Wynberg, Cape Town, Sr Liebenberg joined Grey's Hospital in 1991. She was responsible for starting the "Friends of Grey's" group in 1991 and achieved the Rotary Award for Community Service.

Sr Liebenberg has presented infection Control papers at International Seminars and has had papers published.

I have had the privilege of working with Sr Liebenberg for the past six months. It has been extremely beneficial to me and I have learned a great deal from her in that time. Sr Liebenberg is responsible not only for commencing the Infection Control programme here at Grey's, but also for establishing programmes throughout KwaZulu Natal. Over the years many sisters have had the privilege of her tuition and expertise. She is affectionately known as the "Mother of Infection Control", an expert in her field. Nothing escapes her expert eye! She is always on hand to give advice and assist staff wherever necessary.

Her department is one of the most efficient at Grey's. In the recent Accreditation inspection, Infection Control received 100%. This is due to her total dedication and hard work. She is one of those rare people, who, if she commits herself to a project, will see it through to its conclusion, demonstrating her reliability, responsibility and accountability.

She expects and demands a very high standard (rightly so), not only from herself but from her colleagues as well. Woe betide anyone who does not follow policy!!!

On behalf of us all here at Grey's, I would like to thank Sr Liebenberg for all she has taught us and wish her well and every success for the future.

Sr J Slabberts.

BREAST SELF EXAMINATION.

Just a few minutes once a month could save your life. Make time to perform a breast self examination (BSE). It's as easy as 1-2-3.

1. In the mirror.

Standing before a mirror, check for any changes in the normal look and feel of your breasts, such as dimpling, size difference or nipple discharge. Inspect four ways: arms at sides, arms overhead, firmly pressing hands on hips, and bending forwards.

2. Lying Down

Lie on your back and place a pillow under your right shoulder. Put your right hand under your head. Using the three middle fingers of the left hand in small circular motions, follow an up and down pattern over the entire breast area, under the arms and up to the shoulder bone, pressing firmly, repeat using your right hand on the left breast.

3. In the Shower.

Raise your right arm. With a soapy left hand and fingers flat, check your right breast using the method described in "Lying Down." Repeat on the other side. From age 20, all women should perform a Breast Self Examination. Women aged 20-39 should have a clinical exam every three years. All women over 40 should have an annual mammogram and a clinical exam. Remember, men can also suffer from breast cancer, so any pain, discharge or changes should be investigated.

For further information contact CANSA 0800 226 622

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My Daily Blessing.

Oh Lord, when I grow weary, Please help me to remember each and every day.

> To count my blessings And not my crosses, To count my gains And not my losses.

To count my laughs And not my tears To count my joys And not my fears.

To count my health And not my wealth And most of all To count on God and not on myself.

V.W. Ndlela Group 7/04

My Marvelous Headache!

My baby is beautiful and I love him dearly, but nothing could have prepared me for all the stresses he has brought with him.

The crying and breast-feeding I did not mind. It's the crawling and teething that gave me a rude awakening. I know now that I probably will never loose weight as I did not loose it after he was born. I can go from zero to 60km per hour in 3 seconds flat. Not even Spiderman could jump like I do when Thalente reaches for my mother's ornaments on the side table.

Then came the smelly ear infection along with the diarrhea and sore and swollen gums. Although the teegel eased the pain, it's the brandy that finally did the trick. As tempted as I was, I swear I did not give him a shot, but merely rubbed it on his sore gums. Did I mention the number of nappies he went through? No! Well then that's because they were countless. Oh and the time consuming cuddles at 05h50 in the morning. These of course were aimed at comforting the nagging, lovable, teething imp. It was at this time that the late-comer's register was introduced at work.

Thalente and I then moved house, I enrolled at College and took a very deep breath.

I carried my son on my back to and from the hospital crèche. I have since found a day care center much

closer to our new home and have finally managed to work out a routine that suits us both. For now at least! At 04h30 it's the early morning feed, then washing the bottles, mixing and making formula, porridge and lunch. At 06h00 we leave for work and crèche, and in between I manage to bath myself, top and tail Thalente and some how we both manage to turn out presentable.

After work it's cleaning, shouting, cooking, Spiderman stunts, bath time, dinner and finally he dozes off to dreamland. Once he's asleep it's time to tidy, wash up, try and squeeze in some schoolwork and before I know it, it's eleven o'clock. In forty winks, it's 04h30 and the rat race begins again. Come mid-week, my get-up-andgo had got up and went.

My schoolwork is doing okay, the teething has passed but I am still holding my breath. Oh and occasionally I do still sign the latecomers register.

> Nomfundo Cele. Ward Clerk H1

FAREWELL MERVILAN SINGARAM

I thank you for giving me the opportunity to write a few words about a wonderful friend and colleague. Mervilan began his career at Grey's Hospital in April 1987-2006 (19 long years). From a rebel to a Batho Pele traineryes that is our Mervilan.

Patient Administration (admitting) are proud to have had him in our team. Mervilan, that man with many caps:

- 1. THE SUPERVISOR
- 2. THE SOCIAL WORKER
- 3. THE TEACHER
- 4. THE ADVISOR
- 5. THE GUIDANCE COUNSELLOR

All this put together is the making of a remarkable being. Thro' the years he has shared new ideas and experiences with us. This dynamite in our department has an adventurous mind and this has made him prosper in everything that he attempted.

Mervilan ventured across to Northdale Hospital on the 1st June 2006 and we wish him well.

Thought for the day Mervs:

We at Patient Administration pledge that we will maintain the work ethic that you have instilled in us.

You will be sadly missed by:

Navina Parmanand (Your faithful secretary)

&

Your colleagues at Patient Administration.

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Two ninety-year-old men, Nev and Vic, have been friends all their lives. It seems that Vic is dying, and so Nev comes to visit him every day.

"Vic", says Nev, "you know how we' ve both loved cricket all our lives, and how we played together for so many years. You have to do me one favour. When you get to heaven, somehow you've got to let me know if there's cricket there."

Vic says: "Nev, you' ve been my best friend for many years. If it is possible, I'll do it for you."

Shortly after that, Vic passes on. At midnight a couple of nights later, Nev is asleep when he is awakened by a flash of light and a voice calls: "Nev... Nev.."

"Who's that?" Says Nev sitting up.

"It' s me, Vic."

"Vic? Is that you? Where are you?"

"I' m in heaven." Says Vic. "And I' ve got some good news and a little bad news."

"So tell me the good news first," says Nev

"The good news is that there is cricket in heaven. Better yet, all our old mates who've gone before us are here. And we're all young again, it's always springtime and it never rains. Best of all, we can play cricket all we want and we never, ever get tired."

"Really?" Says Nev. "That's wonderful! But what is the little bad news, Vic?"

"Nev, you' re opening the batting, next Tuesday."

Health Department I.D. Tags.

Just to let everyone know that we have implemented a new I.D. card system. The tags no longer have the Grey's badge on them but now have the Health Department Crest. All Health Department Institutions will have the same I.D. Cards.

Unfortunately our printer broke so we were not able to produce the tags for a while, but it has now been repaired and we have started once more. Please be patient, we will cover the hospital department by department and will phone when we are ready for you.

We are also having problems with the number of people wanting to have documents certified. Please note we only certify copies of documents for staff and we only do 3 per person. The times for this are from 10h00-13h00 and 14h00-15h30.

Beverly Paul.

OCCUPATIONAL THERAPY WEEK MAY 15 –MAY 19 2006.

What is occupational Therapy.

Occupational therapy is a model of health that focuses on the client reaching their maximum /best level of functioning in meaningful activity. Independence in activities of daily living is our main purpose.

OTs teach, empower, make do, adapt, issue assistive and mobility devices, perform 'hands on tasks', splint, remediate, rehabilitate, make decisions on functional impact, promote health and provide preventative and maintenance programmes relevant to the roles, values, habits and routines of clients to give shape and purpose to their lives and provide a sense of well-being. **In order to promote good health and well being,** here are a few tips from your friendly occupational therapists. Balanced lifestyles, good eating patterns, a well physical body, good mental, emotional and spiritual health lead to a contented self.

If there is a deficit in area of health, the body is unwell and a cascading series of events causes an unbalance in each area of a person's health which impacts on the people you live, work and socialize with.

So colleagues here are some factors that will promote a sense of well-being:

• **Contribution:** An old Indian proverb states that the smile you send out returns to you. This is a sense of being able to give to others.

• **Comfort/Change/Calm/Content:** Self regard and acceptance of one's lot lead to being at ease in one's surroundings. The ability to change and adapt so that you do not sink into stagnation is also crucial.

• **Contact/companionship:** The degree of support from others you perceive you are receiving is a crucial factor in the ability to cope. Involvement and social networks are essential to survival.

• **Choice:** The degree to which you feel in control, the sense of power and choice of daily activities.

• **Competence:** The ability to cope gives a selfconcept, which reinforces competence. Carrying out activities proficiently promotes self-esteem.

• **Commitment:** Includes a sense of purpose and belonging and a sense of direction in life.

Are you an empowered happy, giving, calm,adaptable, social, competent and dedicatedperson? If not, take action and aim for a balancedlifestyle.Adapted from "Occupational Therapyand Mental Health"Jennifer Creek.

Sister Hutchinson and Student Nurse White on the way to GHS to assist in a recruiting display.



Recruiting at GHS.

The assistant librarian at Girls High School, Pietermaritzburg, asked if Grey's would be prepared to put up a display at the school informing the girls about 'Nursing as a Career.'

The staff in the Clinical Department borrowed posters from the hospital's admin block, made some of their own and took some interesting pieces of equipment, some fliers and Student Nurse T.E. White across town to the school. Nurse White stayed in the school's library for 10 days and added to the library's décor. When we went to collect her, the librarian informed us that the display and Nurse White had attracted a great deal of interest and discussion. Hopefully she will have convinced some of the GHS girls to join us at Grey's in the not too distant future.

When we returned Nurse White to her bed in The Demonstration Room, she made us promise to never take her away from Grey's again, as although the school girls had all been very nice to her she much preferred it in the Dem room with all her friends.

Sitting in the GHS Library. (The school girls put a mask on Nurse White as they said she was so ugly.)

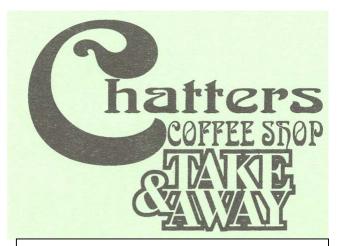


COMPETITION.



CAN YOU IDENTIFY THESE THREE PEOPLE?

IF YOU CAN, SEND YOUR ASNSWERS TO SR A GUISE-BROWN AT THE CAMPUS, BY FRIDAY 1ST JULY 2006 AND YOU COULD BE THE WINNER OF A CHOCOLATE CAKE SPONSORED BY **CHATTERS COFFEE SHOP.**



Telephone 033-8973274 or phone us on extension 3274 and we will have your order ready for you to collect.

> Business hours: Monday – Friday 07h00 – 17h00

 $\begin{array}{l} \text{Saturday and Sunday} \\ 08h00-16h00 \end{array}$

Look out for our popular lunch-time specials