



Milton Keynes Hospital Radio

P A T I E N T M A G A Z I N E



Milton Keynes
University Hospital
NHS Foundation Trust



*40th
Anniversary
edition!*

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HOSPITAL RADIO

MEET
THE TEAM



Claudette
Booker



Helen
Thain



Phil
Yates



Jeff
Carter



Jeff
Drake



Malcolm
Burden



Mark
Blake



Tina
Collins



Rose-Marie
Calder



Alan
Clarke



Lynette
Hill



Sarah-Jayne
Collins



Harry
Brighton

AS WELL AS...

Donna Edgell
Stuart Heales
Charles Robertson
Martin Thorpe
Leon Wallace



Could this
be you?

See page 15
for details



MESSAGE FROM OUR CHAIR

I'd like to start by thanking you for reading this very special edition of our hospital radio magazine which marks our 40th anniversary. We couldn't have begun broadcasting to patients before 1984 as there wasn't a hospital here in Milton Keynes until then! The new town of Milton Keynes was steadily growing and the plans for a general hospital were in place but not yet completed before that time.

A small group of volunteers formed a plan to raise the necessary funds, then complete the work needed, to make the dream come true. You can read more about our first studio, here in the hospital, further on in this magazine but it's certain that without the hard work of the many volunteers over the years the service wouldn't be in the same shape as it is now.

Hospital Radio is an independent volunteer led charity working within the hospital for the benefit of the patients, but we work alongside many other volunteer groups. Further on in our magazine we are proud to shine a spotlight on some of these groups, many of which have been a part of the hospital since it first opened its doors.

Also, inside the magazine you will discover more about what we broadcast for the patients, 24 hours a day, every day of the week and how you can get in touch with us.

If you would like to part of our story within the next 40 years please get in touch with us.

*Phil Yates
MKHRS Chair*



HOW TO LISTEN

AND GET IN TOUCH



Listen In

We broadcast 24 hours a day, 7 days a week and it's easy and free to tune in using the hospital WiFi.

Even if you're not in the hospital you can still tune in through the internet.

Visit our website – mkhrs.org.uk and click on our 'live player' or scan the QR code. We're smartphone and tablet friendly.

As an inpatient you can also contact us to borrow one of our mini web radios which, with just one button, is simple to use and lets you listen to all our shows whilst you are with us.

3

Contact Us

It's always great to hear from our listeners whether they're patients, visitors or staff, and it's really easy to get in touch.

Email the studio directly at studio@mkhrs.org.uk

Phone us on 01908 690505

And follow us on social media. We're [@mkhospitalradio](#)

As a patient, you may well see one of our ward visitors who regularly circulate around the hospital so please feel free to stop them for a chat or to request a song.



MINI WEB RADIOS

The fixed wired system which used to provide entertainment for patients was switched off during 2019, leaving the free hospital WiFi as the delivery method of such services from then on.

From our ward visiting we recognised that many of our patients lacked the technology, or capability, to tune into the station via their phones or other devices and we saw the need for a simple one-station radio device which could be loaned out to patients. Some simple prototypes were constructed by some of our volunteers.



We approached another local charity, Milton Keynes Maker Space (a subgroup of Men in Sheds MK) to help design and build a more bespoke radio to our specification using their knowledge and expertise with 20 units of this first version being handed to us in September 2022.

Following a successful trial on one ward, we rolled them out to all the patients and this led to a tenfold increase in listener time in 2023 within the hospital.

From our daily ward visits we continue to see how much the radios have helped improve the patient experience with further versions of the radios bringing stereo capability together with an improved sound quality and a longer battery life. To borrow a radio whilst an inpatient, please get in touch with us.

OUR STUDIOS

THEN & NOW

Then

Milton Keynes Hospital opened in 1984 and shortly afterwards space was made available for a Hospital Radio Station to operate.

In December 1984, the station began broadcasting from a studio put together by volunteers in the space provided by the Hospital.

The Studio ran by using record and cassette players as well as jingles used on eight track machines.

Milton Keynes was the 5th Channel on the bedside radios therefore the station began as Channel 5.

Each bedside had a radio



which patients listened to through plastics tubes with earpieces. The rest of the space provided by the Hospital included a small talk studio and a record

library to keep the singles and albums, the titles of which were all recorded on a card system so that any record in the collection could be found.

In early 1991 Milton Keynes Hospital Radio were informed by the Hospital that our studios would be required to make way for a corridor linking phase 1 and phase 2 of the Hospital.

We were provided with a new dedicated area almost opposite from the old studio in what was a former toilet block. Work commenced on fitting out the area to enable a sound proofed studio with new equipment being purchased to upgrade the facilities.

Words by:
Alan Clarke





This studio continued to be in use until 2001 when it was necessary to go through an upgrade. This was partially due to the introduction of the Myriad software which allowed the station to broadcast 24/7 through a database which at the time had 4,000 tracks on a computer.

Now

In 2014 discussions started on expanding the studio facilities. In 2016 a project was commenced to create a second studio which would require additional space to be provided by the Hospital.

This project was budgeted to cost over £30,000, and with work being provided by some of the members this could be

achieved at a reduced cost. Fundraising commenced to help fund the project.

The project would consist of four phases.

Phase 1 – New external walls

Phase 2 – Internal walls

Phase 3 – Fit out Studio 2

Phase 4 – Replace Studio 1



Studio 2 was finally opened in October 2019; we are now working on the final phase of the project which will see a similar set up in Studio 1. We will then have consistency of equipment in our two studios.



1984-2024

A 40-YEAR COMPARISON

Let's look back to 1984 and I don't mean the dystopian novel by George Orwell. Before we compare the two years, it would be good to see what 1984 was like. The 80's started with a recession and ended with a boom and bust.

News

Mrs Thatcher was in power, and the miners' strike started which lasted for 11 months and 4 days, with the miners going back to work without concessions. The famine in Ethiopia claimed 1,000,000 lives through starvation. UK agreed to the handover of Hong Kong to China. The Kings Cross fire, which changed the legislation on smoking on the underground, occurred.

Sport

The Olympics were held in the City of Angels, Los Angeles. The UK Tally of medals was 5 Gold, 11 Silver and 21 Bronze



*Words by:
Malcolm Burden*

which was the largest number of medals since 1920. Torville and Dean claimed gold in the ice dance with the Bolero performance that scored a perfect score of 10. Everton won the FA cup beating Watford 2-0, Liverpool won the 83-84 League Cup.

Music

The biggest selling single was Band Aid, Do They Know it's Christmas, while Michael Jackson topped the album charts with Thriller. It also had the most expensive video as



*Torville and
Dean's iconic
Bolero dance*

well (\$500,000). Disco was still around but on the wane, with New Wave, Oasis, Blur and Punk taking over. Thomas the Tank Engine graced our TV screens for the 1st time.

Fashion

Leggings, big shoulder pads and even bigger hair, along with Jean Jackets and Parachute pants.

We lost

Kurt Cobain, Eric Morcambe, Richard Burton, James Mason, Diana Dors to mention a few.

Mobiles the size of bricks



Electronics

Mobile phones were the size of a brick and only for those who could afford them. PC's with limited capacity and games machines were made by Sinclair or Atari, not forgetting the Commodore 16, anybody mention the 3.5-inch floppy disk. 1984 also saw the opening of Milton Keynes Hospital by the Duchess of Kent and the birth of Milton Keynes Hospital Radio.

On first sight some things were much cheaper when adjusted into today's cost and some are much higher. Houses for instance cost 10x more, but I must say I had more fun in the 80's and maybe we look back to the 80's with rose tinted glasses.



Shoulder pads



Kurt Cobain was a founding member of the band Nirvana

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The Stables is the operating name of Wavendon Allmusic Plan, a registered charity in England and Wales (261645)



PROGRAMMES

Here on Milton Keynes Hospital Radio, we have a wide variety of content in our programmes which very much reflects the likes and dislikes of our patients. Our flagship request show truly reflects this variety, being played each weeknight from 8pm.

We encourage patients and visitors to be part of this by phoning or emailing us so that we can include their choice of music together with the requests which have been collected from our ward visiting rounds.

Hospital radio broadcasts all the time, 24 hours a day and our other programmes cover the many ages of music from the 1950's through to the current chart offering as well as different genres such as country, rock and roll, classical and so on.

It's not just music, there is a range of spoken word programming which helps distract the anxious mind from the daily life of being an inpatient. We have shows which feature story telling, plays, poetry together with interviews featuring a variety of people wishing to share their story.

Elsewhere in this magazine you will find more information about our sports show and how we bring live local football commentary to the patients.

All in all we hope that we have something for everyone but do let us know if you don't feel that your tastes have been catered for as we relish the chance to try something new.



FROM BREAKFAST ON BROADWAY

TO THE MK THEATRE BOX OFFICE

I don't remember when my love for musicals began, but I remember the first musical that stuck with me. It was when *Beauty and the Beast* came to MK Theatre (2012 I believe). I was mesmerised from the moment the curtains pulled up. I assumed, at the time, that it was due to my love of the Disney film. How wrong was I?

When I started *Breakfast on Broadway* in 2016, my love was reignited. It seems almost selfish that I get to play my favourite tunes for an hour every single week. There are so many musicals to choose from, new and old, that the setlists are easy to write.

I was looking at how to give my show a little extra razzle-dazzle, to help it stand out. I asked the communication team at Milton Keynes Theatre if the stars of upcoming shows could send a



Words by:
Sarah-Jayne Collins

soundbite promoting their upcoming productions and recommending listeners tune in to MK Hospital Radio's *Breakfast on Broadway*. They replied asking if I would like to come and review shows for the listeners of MK Hospital Radio. The tickets would be gifted but I could give my honest review - YES!

Since that day, I have reviewed so many shows at MK Theatre and have very rarely, if ever, been disappointed.



I have met some amazing people; reviewers, press team and even Brian Conley.

It is a lot of fun, but a lot of work too. Revision starts when the press releases hit my inbox. Big names, both in theatre and Hollywood, make this aspect much easier. However, I try and become familiar with most of the cast's history (and social media) before going to see them. The programme helps fill in the gaps, but we are not always given them.

It is an extremely fast turnaround on press nights. A musical will last approximately two and a half hours. This means I am not out of the theatre until half past ten. I find that the review writes itself when it's done on the same night, then I don't forget the one liners or flawless set transitions that help make the show.

Once the review is written it's uploaded to social media along with production images or any videos I have taken (with permission from the Theatre).

My review is not just for social media, but on air too.



I Should Be So Lucky

A second review is written for the MK Theatre News and Reviews segment of Breakfast on Broadway.

I use the word 'written' very loosely. I commonly just write bullet points that will help me remember talking points. After that, I simply let my excitement take over.



Shrek the Musical

SPORTS SHOW



Milton Keynes Hospital Radio is the only radio station on the air in Buckinghamshire that broadcasts football matches both back to the patients of Milton Keynes University Hospital and around the grounds of Stadium MK at the same time.

Join Martin, John and Sarah-Jayne at every home match as they experience the highs and lows of a MK Dons season for you.

The pre match warm up typically begins an hour before kick-off as Andy Scott or one of our substitute presenters help build up excitement with music and discussion surrounding the teams about to play. We invite all listeners, whether on the grounds or within the hospital to get involved via social media using the #MKHRDONS hashtag.

WE know how passionate the MK Army are and we know

that, with the right commentary, it doesn't matter whether you are pitch side or lying comfortably in a hospital bed. MKHR's very own Don, Martin Thorpe not only has insider knowledge due to his years spent refereeing matches, but he has also followed the Dons as an avid fan. This combination creates an unmissable commentary – we have joined in the celebration as the MK Dons moved up a league and shed tears of frustration when they were relegated back down.

As part of his training with Soccer Sight, Martin has received specialist training which only helps enhance the commentary. Throughout the action packed 90 minutes, a breath is barely taken. You will know where the ball is, who is kicking it, who has been fouled and whose dramatic falls leave us questioning whether a career move to a popular soap is required.

THE REQUEST SHOW

This show is our flagship programme as it physically brings together our ward visiting volunteers and the patients. The listeners become directly involved as they have chosen the musical content which gets aired live that night following each ward visit.

Our dedicated volunteers rotate around the wards in the hospital to ensure we get to see as many different areas as possible and this also makes sure there is a wide variety of music being played. It's not just the patients who can select music though.

Friends and family can join in by dedicating tracks which they feel will entertain patients and hopefully lead to their speedy recovery. The various ways you can contact us are listed within this magazine.



Request Show DJ's, Phil and Helen

Of course, the type, genre and era of music being played can be very varied and quite often we are forced to search long and hard in our record library to find the particular piece which has been requested.

The show goes out live each weekday night, Monday to Friday, between 8pm to 9pm with other presenters doing a variety of live shows wrapped around this hour and makes for an interesting listen even if you haven't put your request in.

BECOME A VOLUNTEER



Here at Milton Keynes Hospital Radio, we are always on the lookout for new presenters and volunteers to help improve the patients experience via ward visiting and programme production.

If you are over 18 and have some spare time which is of a reasonably regular nature then **check out the video on our website, www.mkhrs.org.uk** to hear from others who have joined us and what they get from volunteering.

It's a great feeling to be able to **give something back to the community** and being a member of our team not only makes a difference to the patient's time but improves your confidence through meeting new people and leaving you with new skills and experiences.

To make that first step, fill out your details on our new member page of our website, and a member of the team will be in touch to answer your questions and show you around.

FUNDRAISING



Milton Keynes Hospital Radio is a registered charity (No 289361) being run entirely by volunteers. Our studios are located in the hospital which means we are close to the patients for whom we provide our service.



Rock Choir, live concert and raffle

We do not receive any funding from the hospital although they do provide our studio space. All our annual running costs which amount to around £2000,

needs to be met from fundraising events and kind donations from the public.

In the past we have attended community events at Bletchley Park, Milton Keynes museum and other local carnivals and fetes in order to raise awareness of our service as well as shake the buckets!

You can make a donation via our LocalGiving page;

localgiving.org/charity/milton-keynes-hospital-radio

Or use the QR code;



WELCOME TO MILTON KEYNES UNIVERSITY HOSPITAL

A MESSAGE FROM MKUH CEO

I'm pleased to say the hospital estate continues to grow to ensure we can meet the increasing requirements of the people of Milton Keynes and surrounding areas.

In July 2023 we opened a new Community Diagnostic Centre (CDC) at Whitehouse Healthcare Centre in Milton Keynes. As part of the government-led initiative to expand diagnostic services in the local community, this new facility will help us to see more patients in an environment that is easy to access and away from the busy hospital site.

In partnership with Oxford University Hospital (OUH), a new Radiotherapy Centre will be available to treat patients in the autumn of 2024. This will complete our cancer care



Joe Harrison

services at MKUH, meaning that patients requiring radiotherapy will no longer have to travel to Oxford or other towns for their treatment.

We are developing plans to build a new ward block, named 'Oak Wards', to the east of the hospital site, which would provide 48 new beds at the Trust. The proposed £25 million development will provide two 24-bed wards across two floors to increase the hospital's medical beds capacity. If the business case for Oak Wards is approved the anticipated completion date will be November 2025.

VOLUNTARY SERVICES



Lauren Handley
Butterfly Volunteers'
Co-ordinator

Sarah Woodfield
Voluntary Services Manager

Alison Wakley
Voluntary Services Co-ordinator

Volunteers are a valuable part of the Milton Keynes University Hospital team. Our highly committed army of volunteers can be found in all areas of the hospital. Volunteering allows people to give something back to their local community. All for as little as three hours a week. It is a great way to meet new people, make new friends and learn new skills.

We have in excess of 180 volunteers across our services including Chaplaincy, Butterfly volunteers, Meet and Greeters, Ward Support, Receptionists, and Wayfinders.

We welcome volunteers from all abilities, backgrounds, cultures and beliefs. Everyone has something unique to offer and we are committed to ensuring our volunteers have a rewarding experience and their contributions are recognised.

We also provide recruitment support, advice and guidance to several External Voluntary and Charitable Organisations on site – including the Hospital Radio team!

To find out more, visit:
mkuh.nhs.uk/working-at-mkuh/volunteering

BUTTERFLY VOLUNTEERS



What are Butterfly Volunteers?

Butterfly Volunteers are specially trained volunteers who provide support and companionship to end of life patients and their loved ones during their stay in hospital. Butterfly Volunteers are a new service at MKUH that builds on our high-quality end of life care provision and can offer the gift of time and understanding.

What does a Butterfly do?

Butterfly volunteers do not offer any clinical care but can offer pastoral support and act as an impartial advocate for patients and their visitors and loved ones.

- 🦋 Offer respite to visitors and loved ones to get refreshments or go home etc.
- 🦋 Act as an impartial advocate for patients and their families.

- 🦋 Read to patients, listen to music, sit and offer company.
- 🦋 Offer pastoral support to family, friends and loved ones.
- 🦋 Simply sit & listen to patients and their loved ones.
- 🦋 Provide comfort items such as handmade blankets, stuffed figures, personal care items etc. On request.
- 🦋 Provide food or refreshments for patients or visitors
- 🦋 Sign post for other relevant or useful information including PALS, Chaplaincy, Palliative team, Bereavement etc.

"Thank you Butterflies for what you all do. You do a brilliant job and really help out, especially when we are busy!" - Staff Nurse, MKUH



Butterfly Volunteers

PATIENT EXPERIENCE

THE TROLLEY

The Patient Experience Team introduced a patient experience resource trolley, Buddy. Made possible by donations to Milton Keynes Hospital Charity, Buddy is taken to wards and the aim is to provide patients and families with valuable information to support their experience whilst they are an inpatient. The trolley also provides free personal care items, activities etc. This is an opportunity for discussions with patients and their families to gain feedback and ensure they are having a positive patient experience during their admission.

We could not provide this valuable service without the support of our amazing volunteers.

Moria our volunteer says:
'I help with the trolley because of my stroke. I spent some time in MKUH and lost my memory. I wanted to give something back to the NHS, say thank you and help.'

I love taking the trolley out as I get to go on wards and chat to patients. I have a real laugh with some of them.

I can relate to some of the patients and share my story with them. Really helps me too. The patients are very grateful for the trolley as they can come in with nothing with them. They are amazed when they don't have to pay.'

The following is a quote from a patient:

'Very friendly staff. The ladies with the trolley were very lovely and gave me a few things, colouring book, pens, toiletries. All donated and free as I had nothing with me. Had a lovely chat as well.'





MEET MILTON KEYNES HOSPITAL CHARITY

NEW LOOK, SAME MISSION



At the start of 2024, Milton Keynes Hospital charity unveiled an exciting transformation with a fresh new logo and website (mkhcharity.org.uk) which represents 'togetherness' and the people at the heart of our work.

But while the charity's appearance has evolved, what remains unchanged is our mission: to enhance patient, family, and staff experiences at Milton Keynes University Hospital (MKUH).

As the hospital's official registered charity, we exist to raise essential funds to make a difference to all who use MKUH's services.

As a team we do a lot of fundraising for all wards and departments, but what we do extends beyond this. We also collaborate with MKUH staff on special projects and work closely with our Voluntary Services team to support our growing network of amazing volunteers.

The type of projects we help fund and deliver range from extra special medical equipment (like vein finding machines, top-of-the-range incubators, and Virtual Reality headsets), to transforming clinical hospital environments into wonderfully warm and welcoming places to be.

Our supporters can choose how and where their kind donations are spent too. For example, they may wish to donate to our Neonatal Unit to thank the staff who provided exceptional care for their little ones, like John:

"Our twin boys spent 3 months in the Neonatal Unit in 2007. They both got amazing GCSE grades last summer! We are continually grateful for your care. Thanks so much."

Fundamentally, our impact is fuelled entirely by the generosity of the community. That's why we're profoundly grateful for your support, which

enables us to continue our vital mission of enhancing patient, family, and staff experiences.

What we're raising money for right now

It's important we continue raising funds for all wards and departments, in addition to where the need is greatest. But right now, our goal is to raise £500,000 for a very special wellbeing hub that will be situated in MKUH's new Radiotherapy Centre.

How to support us

Whether you'd like to donate, take on a fundraising challenge, or organise your own 'DIY' fundraiser, head to: mkhcharity.org.uk or email fundraising@mkuh.nhs.uk



MK FRIENDS

MILTON KEYNES HOSPITAL & COMMUNITY

Who We Are

We are a small independent charity that has supported Milton Keynes University Hospital since before it opened in 1984 helping to raise money to purchase items for the hospital and out in the community.

Our shop provides a valuable service to the patients and staff and is situated next to the restaurant in the centre of the Hospital with a lovely garden outside. We also have an online shop allowing patients and their family and friends to order online and have the items delivered to the wards. This service is in addition to the ward trolley which goes around in the mornings.

Recent donations

In the last year we have donated £50,000 towards the new Radiotherapy Appeal as well as a special medical trolley for Ward 20 and also the

furniture for the quiet room and children's area in the new Willow Unit for the urology department which opened in



June 2024. We have donated Robopets to give comfort to people with dementia in the hospital and residential homes.

MK Friends Shop and café

MK Friends includes a café and shop serving delicious freshly-

prepared hot and cold food in our kitchen and we also serve the best value Italian blend bean coffee in the hospital. We stock a wide range of soft drinks, snacks, confectionery, newspapers & magazines as well as essential toiletries and many other items including



mini fans, nightwear, smart phone cables and chargers. The shop is run by a small team of dedicated employees and our marvellous volunteers and the only day we close is Christmas Day!!

Ward Trolley

The ward trolley at present goes round the wards three to four times a week with dedicated volunteers. It is an important service bringing the shop to both patients and staff on the wards. We would like to have it running seven days a week and we are looking volunteers that can help with this very rewarding task.

Online Shop

Family, friends and patients can order online for delivery to their ward in Milton Keynes University Hospital. It's an ideal way of getting items to patients if your friends and family are unable to visit.

friendsshop.co.uk

Volunteer With Us

We need volunteers to help run our shop, ward trolley and fundraising events. Prefer to be outside and like gardening then we are looking for volunteers to help maintain the gardens at the hospital. Volunteering with us in the hospital is really rewarding and we would love to hear from you.

Email: info@mkfriends.org.uk



al's pals

Supporting cancer patients and their families in hospital, at home, online and in the community.



Al's Pals is named after Alan Dumbell who received cancer treatment at Milton Keynes University Hospital (MKUH).

Alan noticed that throughout his treatment, although he was surrounded by his loving family he still felt very lonely and lost at times, and he often discussed having a 'buddy' to support and help him where he felt things were missing. It is his legacy to have a cancer buddy scheme like this. We aim to be the natural choice for emotional, befriending and advocacy support to cancer patients, their families and support groups both in the hospital, in their homes and in the community. The service is available to anyone who requires it or who may be signposted to by the hospital and/or GP surgeries/groups.

Our volunteers understand the needs of someone that has cancer and how this can affect their own lives as well as their families. We can offer support, companionship, empathy and a listening ear to any cancer patient and/or their family member from the start of their cancer journey through to the end. Some of our volunteers are based in Hospital and some volunteers are visiting patients and their families in the community and in their own homes.

We would love to hear from you. If you would like to find out more about our service and how we can help you or if you would like to volunteer with us, then please feel free to enquire online or contact us direct at info@alspals.org.uk or on 07958 800081

Website: alspals.org.uk

MKUH'S ARMED FORCES VOLUNTEERS

We have 5 Armed Forces Volunteers, each with their own lived experience and link to the Armed Forces.

The Armed Forces Covenant was signed by Milton Keynes Hospital over 2 years ago, which is a pledge to support patients who are veterans or serving personnel and their families, staff who are reservists or spouses of members of the armed forces, and to establishing links with veteran services so that both staff and patients can access the support they need.

Our Armed Forces Volunteers cover a diverse range of military experience from infantry serving in Germany and Northern Ireland, to operating numerous vehicles in ports and deployed settings,

to keeping them all in check in the Military police to more recent conflicts flying Helicopters in Afghanistan. They all still want to serve their local community and get satisfaction from supporting their military family during their hospital stay.

They have been tireless in finding both serving and veteran patients amongst the Milton Keynes patient population. If you or a family member want to be referred, please scan the QR code and complete the form.



EMPLOYER RECOGNITION SCHEME
GOLD AWARD 2023
Proudly supporting those who serve.



Could Chaplaincy help?



Chaplaincy can provide safe and confidential space for any patient, visitor or staff member to feel heard, to, reflect on their experiences and, if relevant, to practice or talk about their religious faith or worldview.

- We have resources which may help you to open up and reflect.
- We work with local faith & belief groups and can arrange for someone who shares your worldview to come and listen if you think that would be helpful.

Some of the reasons you may benefit from speaking to a chaplain:

Anxiety—Fear—Bereavement—Loneliness—Babyloss—
Worries about the future—Guilt about the past—Distress—Anger



L-R; Sarah, Anne-Marie, Ali & Claire

How to contact us:

- By asking a member of staff to make a referral
- By phone on or 01908 996061 (non-urgent)
- Via switchboard 01908 660033 for emergencies
- By emailing chaplaincy@mkuh.nhs.uk

Chaplains are usually available 24 hours a day, 7 days a week as needed

Arts for Health MK

Using arts and creativity to improve health and wellbeing

Did you know Milton Keynes University Hospital is now home to the largest permanent public art collection in Milton Keynes? The Collection ranges from paintings, prints and drawings to sculptural pieces, photography and commissioned works, which are on public display in the corridors, waiting rooms, courtyards and wards.


The curation of the artwork around the site is funded by Milton Keynes Hospital Charity and managed by local charity Arts for Health MK, who are celebrating their 20th Anniversary year.

Alongside the permanent collection Arts for Health MK manages a range of temporary exhibitions across the hospital site which change regularly, as well as four Creative Courtyard spaces and a Sensory Garden, which are open to all during daylight hours.

We have put together a selection of arts resources on our website including 'boredom buster' activities. For more information about the artworks, what we do, how you can support us or get involved visit www.artsforhealthmk.org.uk/MKUH-Resources.

 www.artsforhealthmk.org.uk  info@artsforhealthmk.org.uk

 [@arts_for_health_mk_collection](https://www.instagram.com/arts_for_health_mk_collection)  01908 996125

 [@artsforhealthmiltonkeynes](https://www.facebook.com/artsforhealthmiltonkeynes)



Monitor and support your
HEALTH
...at home



A1CNow Self Check[®]

- Manage your diabetes at home*
- No appointments - no waiting
- Accurate HbA1c test results in 5 minutes
- Gives a picture of your glucose levels over the past 2-3 months
- With the help of your healthcare professional make necessary changes to your diet and/or exercise program.



CEFALY[®] Enhanced

- CEFALY puts you in control of your migraine treatment
- Reduces migraine pain and provides relief during attacks
- Clinically proven to reduce the frequency of migraine attacks
- Safe and effective drug-free treatment
- Trusted and recommended by leading healthcare professionals

BHR Biosynex provides innovative point-of-care solutions for professional and home use that meet the needs of an evolving integrated care system.

CONTACT US TODAY TO FIND OUT MORE

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