

Innovation in Complex Care Funding Programme

Marketing materials assistance
Joanna Sagnella, Publications Manager
joanna.sagnella@qni.org.uk

Comms Help for Projects

If you need help with marketing materials for your project, I can help with making the following:

- posters
- flyers
- leaflets
- business cards
- banners
- or any other communication materials you might need.

Examples of past work - Posters



'Best Foot Forward' project



'Play Safe, Stay Safe' project

Examples of past work - Posters



Do you SELF-HARM?
Do you need first aid equipment?
Do you want to chat about it?

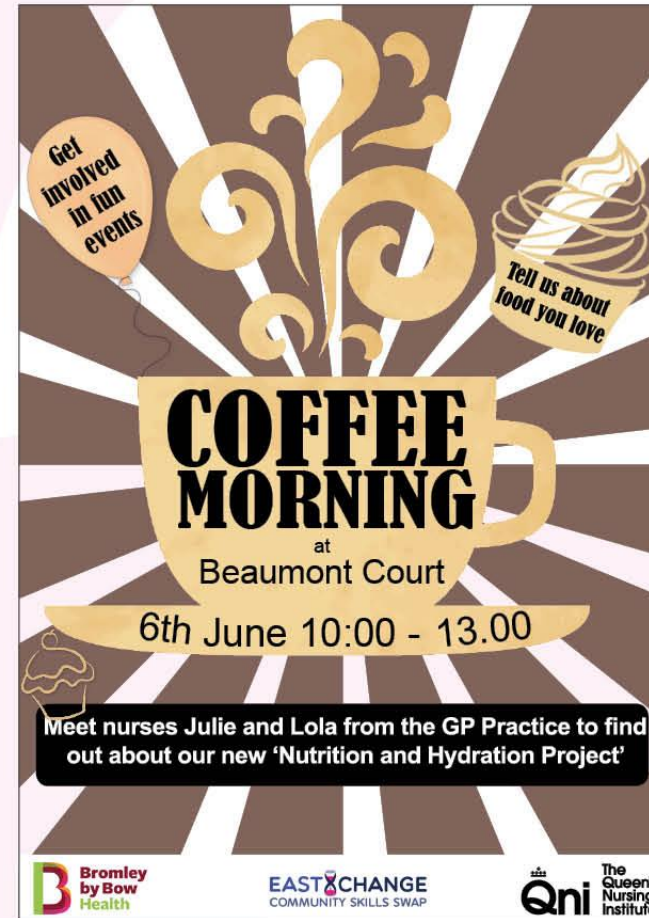
We can provide a safe, confidential environment where all health needs, treatments and support can be carried out.

Come and see the nurses
Kelly and Becky
Tel: 07554 438 751/07825 753 240
Email: community.outreachtteam@nhs.net

Available at Somewhere To Go, or Addaction.

'Self harm' project






Get involved in fun events

Tell us about food you love

COFFEE MORNING
at
Beaumont Court
6th June 10:00 - 13.00

Meet nurses Julie and Lola from the GP Practice to find out about our new 'Nutrition and Hydration Project'

'Improving Nutrition and Hydration in a Residential Care Home' project

Examples of past work - Business cards



Homeless in Bath?
Painful feet?
Toenails need cutting?
Feet just need a good soak?
Nurses Claire and Lynne will be running free drop-in podiatry clinics and a free sock exchange for Homeless People in Bath.
Come to Julian House, Manvers Street, Bath

'Best Foot Forward' project

Next foot clinic appointment :

Date: Time:

Date: Time:

Date: Time:

Date: Time:

Date: Time:



The Lightbulb Course
'The Lightbulb Course' aims to help military veterans understand more about PTSD and provides practical strategies to manage symptoms.

'The Lightbulb Course' project

Next training course :

Date: Time:

Date: Time:

Date: Time:

Date: Time:

Date: Time:

Date: Time:

T: 0203 317 6818 E: cim-tr.veteranstilservice-LSE@nhs.net
W: www.veteransserviceelse.nhs.uk


Examples of past work - leaflets

Notes

Beaumont Court Care Home
Beaumont Square, Stepney,
London E1 4NA
020 7790 2660

Bromley by Bow Health **EASTXCHANGE**
COMMUNITY SKILLS SWAP

Nutrition and Hydration Project at Beaumont Court



EASTXCHANGE COMMUNITY SKILLS SWAP **Bromley by Bow Health** **Qni** **The Queen's Nursing Institute**

Nutrition and Hydration Project at Beaumont Court

This project is funded by the Queen's Nursing Institute and run by nurses Julie and Lola from XX Place GP Practice. East Exchange have also volunteered to support the project with activities for the residents.

The aim is to:

- reduce the prescription of antibiotics and nutritional supplements
- reduce unplanned hospital admission and visits to the Emergency Department
- resulting in healthier and happier residents.

Dehydration is a frequent cause of hospitalisation of older adults.

Dehydration can cause:

- constipation
- pressure ulcers and sore dry skin,
- dizziness and low blood pressure (increasing the risk of falls),
- increased risk of urine infections,
- kidney stones,
- confusion,
- blood clots and heart attacks,
- increased risk of drug interactions and side effects
- increased illness associated with chronic conditions.

2 litres/ day of fluid for healthy adults in daily drinks is recommended. Adding to this is the 20% of a person's total fluid intake that comes from food, so having a reduced appetite which is common in the elderly, impacts on hydration.

Luckily dehydration can be prevented

In simple terms, 6-8 glasses of fluid per day in addition to the fluid present in a normal healthy eating diet is a good compromise for our residents.

There is no medical evidence to suggest that drinking more will make you need the loo more! In fact, with time the bladder adjusts.

What can we do?

Make drinking enjoyable and available at all times – drinks can be cold, fruity, fizzy, flavoured and appetising. Mocktails and shakes taste nice too. Tea and coffee count.

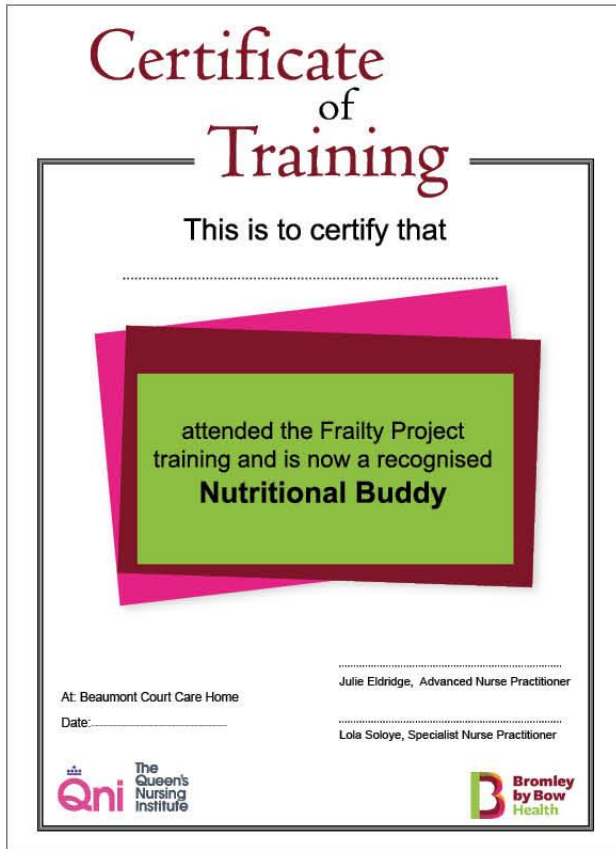
- Grow our own vegetables and herbs to help flavour our foods.
- Get involved in fun projects with East Exchange to help keep us busy and help our emotional health.
- Set up nutritional buddies for our residents.
- Set up a nutritional working group.
- Prepare nibble boxes filled with appetising healthy treats (for when we don't feel like eating much).

Everyone's opinion counts - Please let us know if you have any ideas. Post them in our suggestion box at Beaumont Court.
Thank you
Julie and Lola

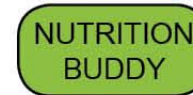
For more information, contact Nurses Julie and Lola from XX Place GP Practice, The Alderney Building, Bancroft Road, Mile End Hospital Site, London E1 4DG.

'Nutrition project'

Examples of past work - other



Certificate for 'Frailty project'



Pin badge for 'Frailty project'



Logo for 'Blues Boys project'



What I need from you:

In order to help, I will need the following:

- what kind of publication needed (eg, flyer / poster / leaflet etc)
- logos
- text
- photos (or I can source these)
- any branding guidelines
- a deadline (as I will have to fit it in with the work I already have)

I look forward to hearing from you!

Joanna

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