

# KHFT Newsbytes



## Upcoming Governor Elections

Kingston Hospital will be holding its Governor elections in the Autumn in the constituencies of Kingston, Richmond and Elmbridge. We are looking for anyone that may be interested in standing as a Governor and are holding some awareness sessions on Tuesday 8<sup>th</sup>, Wednesday 23<sup>rd</sup> and Monday 28<sup>th</sup> September from 6-7.30pm, Seminar Room 1, Level 5, Kingston Surgical Centre. For more information about the council of Governors and their role please visit [www.kingstonhospital.nhs.uk/our-trust/council-of-governors](http://www.kingstonhospital.nhs.uk/our-trust/council-of-governors) or to come to an event please email [lucy.carter@kingstonhospital.nhs.uk](mailto:lucy.carter@kingstonhospital.nhs.uk) or call 020 8934 2145.

## Hospital to Home Volunteers

The Hospital is looking for people to help vulnerable patients, including those with dementia, return home from hospital. If you can spare a couple of hours or more a week and would like to support patients in hospital on the wards, accompany them on the journey home or make regular befriending phone calls please get in touch. We welcome people over the age of 18 from our local community to get involved and make a difference Training is provided and the next course is in October. For more information [click here](#) or call the Kingston Hospital Volunteer Office on 020 8934 3620 or by email [volunteering@kingstonhospital.nhs.uk](mailto:volunteering@kingstonhospital.nhs.uk).

## Garmin Run

Join Kingston Hospital staff, friends and family in the Garmin Kingston Run Challenge on Sunday the 11<sup>th</sup> of October 2015 to raise money and awareness for the Kingston Hospital Dementia Appeal. Kingston Hospital Charity is the main charity sponsor and we have 100 FREE places to give away for this event. Choose from 1 of 3 distances, 8, 16 or 26.2 miles around beautiful Kingston. For more information and to register with your FREE pin email [fundraising@kingstonhospital.nhs.uk](mailto:fundraising@kingstonhospital.nhs.uk) or call 020 8934 2470/3616.

## Council of Governors Meeting

The next Council of Governors Meeting will be taking place on Tuesday 15 September at 6pm in Seminar Room 1, Level 5, Kingston Surgical Centre, Kingston Hospital.

## Annual General Meeting (AGM)

Our AGM will take place at midday on Wednesday 30 September 2015. This is an opportunity to learn more about the Hospital, meet our Board and Council of Governors. The Agenda will be available nearer the date on our [web-site](#).

## Members Events – Smokefree/Respiratory

We are holding events for members over the next few months which will take place from 6.30pm, Level 5 of the Kingston Surgical Centre.

**Kingston Hospital Goes Smokefree - Wednesday 16 September**

**Chronic Obstructive Pulmonary Disease (COPD) Health Talk - Tuesday 17 November**

To register please email [ftmembership@kingstonhospital.nhs.uk](mailto:ftmembership@kingstonhospital.nhs.uk) or call 0208 934 3614/3843.

Please send your comments to: [comms@kingstonhospital.nhs.uk](mailto:comms@kingstonhospital.nhs.uk)

[www.kingstonhospital.nhs.uk](http://www.kingstonhospital.nhs.uk)

