

MitoNews Oxford

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Useful Contacts

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We're on Twitter!

Follow our twitter account at
[@ServiceOxford](https://twitter.com/ServiceOxford)

Happy New Year!

We hope 2022 will be a smooth one for you all and we hope that you can safely enjoy some more freedom if the *Covid* pandemic eases here in the UK.

Farewells and new faces...

Sadly we had to say goodbye to Judy (dietician) and Jane (physio) at the end of last year as they both decided that it was time to retire and enjoy some time pampering themselves for once. They both have projects up their sleeves to complete and we wish them all the best.

Thankfully we have gained Frankie, a paediatric physiotherapist (see over for 'Meet the Team' article), who has lots of experience and will also be supporting the Paediatric Neuromuscular Service.

Eliza, our welfare rights officer, moved to Wales to pursue her career in the genetic world and although we miss her in our team, we know she will be a great asset in her new role.

Emma, our Healthcare Assistant was promoted within her Genetics role and we have had Will come in to replace her. Dr Brady is pleased to have another male join the team!

We also welcome our new research fellow, Louisa, to the team who started in January 2022.

I'm sure you will get to meet them all in clinic in the near future.

Patient Information Event planned for Spring 2022!

Meet the team - our children's physiotherapist

Hi, I'm Frankie and I have recently joined the team as a children's Physiotherapist.

I have worked in the Oxford Children's Hospital since 2019 and have previous experience working in the community and school environments.

I live in Reading with my partner and our two dogs, Neddie the sausage dog and Pippin the crazy Jorkie! I am into my sport and enjoy getting out on the pitch to play rugby on weeknights and weekends. During the summer months we are often away on weekends in our camper van but on a cold night there is nothing better than the sofa, TV and a takeaway!

I am looking forward to meeting you all and being part of the Mitochondrial world!



Co-Enzyme Q10 Update

As many of you know we have had an extremely difficult latter half of 2021 attempting to issue regular Q10 prescriptions to those of you on this medication. The pharmacy at OUH had been risk assessing the Brands of Q10 issued and then ran into huge delays from suppliers. Our back-log has started easing and we hope your requests can be dealt with more easily this year. We are awaiting the go ahead to issue Q10 to our patients who are newly commencing this. Do continue to give us plenty of notice when you require more of your supplies as it takes a few weeks for the process to go through the channels of prescribing, screening, dispensing, collection and finally sending off to you in the post. Many thanks for your patience.

Thanks to The Lily Foundation for our NEW waiting room TV!

Useful websites

www.mitochondrialdisease.nhs.uk

www.mitochondria-newcastle.com

www.thelilyfoundation.org.uk

Mitochondrial Awareness Week

In September, we set up our stall for a couple of mornings to raise awareness of mitochondrial disease. Members of the team managed to do a little fundraising whilst talking to the public and medical professionals about mitochondrial disease —socially distanced of course! Kate from the laboratory team came over too to help engage people with some DNA and genetic practical activities.

Jo's mum had crocheted butterflies for us to sell which we very much appreciated.

Sue West spoke on local radio that week which we hope all helps towards the public finding out about this disease.



Jane, Sue, Kate and Judy at the JR