



"Patients and relatives alike need to be confident that the NHS can provide care not only for acute injury, but for the entire process of recovery and rehabilitation"

National Burn Care Review Committee 2001

Designed to help burn injured children face the future with confidence.

## History Of Burns Care

Burn care has developed most rapidly at times of conflict and war and very significant advances in the quality of burn surgery were seen in the Second World War. At that time burn injuries involving more than one third of the body surface area were considered fatal, even in healthy, young men. It wasn't until the 1950's and 1960's that significant advances were made in the fluid resuscitation and medical treatment of burn injury and the concept of a burn team was introduced. This multi-disciplinary team approach increased patient survival and has also resulted in shorter lengths of stay in hospital. This team approach continues today.



In the 1970's and 1980's advances were made in the treatment of massive burn injuries. The development of intensive care techniques allowed the support and treatment of individuals on dedicated intensive care burns units. Advances in techniques for anaesthesia, nutrition, burn wound management (including artificial skin cover) and scar modification improved both the chances of survival and the quality of life of the burned patient. This has allowed more recent attention to be given to the psychological support and well-being of the burn injured patient.

## The Manchester Children's Burns Camp

The Manchester Children's Burns Camp is for children aged between 6 and 18 years who have experienced a burn injury. The Camps have been organised by staff from the Burns Unit at Booth Hall Children's Hospital since 1983. It started with a weekend camp for a small number of children, and now has grown to include two annual camps for as many as 40 children.

The children have all suffered a burn or other traumatic injury and most have been hospitalised at Booth Hall. Their week long stay in the residential activity centre is no ordinary event – following a traumatic injury children face many challenges. The process of recovery is physically hard involving painful dressing changes, repeated trips to hospital for surgery and an after-care regime which involves regular massage, physiotherapy and the wearing of tight-fitting garments for up to three years after the injury.

The children also have to adapt to their new bodies and reintegrate into social and family life, learning to live in a society which often discriminates against people who are disfigured. The children learn how to handle difficult situations like being teased.



Being with other young people and adults who have had similar experiences means that there are plenty of chances for learning from each other.

Most importantly, all the activities are fun! The children get to try new things and feel good about themselves and what they can achieve. They can get help with activities they may be finding difficult and learn new skills that will be helpful when they return home.



## The Team Works!

The Camp is organised by a multi-disciplinary team from Booth Hall Children's Hospital – doctors, nurses, clinical psychologists, play specialists, occupational therapists and physiotherapists – and members of Greater Manchester Fire Service, adult burn survivors and volunteers.

"The Camp is no ordinary holiday. Year after year children, parents and hospital staff describe the benefits of attending in terms of increased confidence and acceptance of body image."

Sarah Gaskell, Clinical Psychologist and Director of Manchester Children's Burns Camp



Sarah with Anthony at a recent Burns Camp

# Aims and Philosophy of Burns Camp

Within an atmosphere of fun, support and rehabilitation the activities are designed to:

- Build confidence, enhance self-esteem and help children feel good about their bodies through challenging physical activities
- Help children improve their social skills through teamwork challenges
- Encourage participants to share experiences of their injury and rehabilitation through small group activities
- Assist children in developing effective coping strategies
- Promote scar management and give all children support and encouragement with their treatment
- Provide day trips and activities such as swimming which allow children to face the public with the support of each other
- Help children work on their own specific goals, whether they be medical, physical or psychological

## Kerrie's Story

I've been to the Burns Camps four times now. I love going there and meeting other children who have burn injuries like myself. Each day the groups do different activities but there's plenty of time to chat and have fun!

I've made a lot of new friends through the Camps and still keep in touch with them through letters or e-mail. It's good to know that as well as my usual friends I also have friends who have been through similar experiences as me and they understand. By going to Camp I have learnt that good friends take you for who you are, not what you are.



## Kim's Story

My daughter Kerrie suffered internal and external burn injuries in a serious house fire in 1996, in which her brother lost his life. Kerrie was treated at Booth Hall Children's Hospital for two months and was constantly in and out of theatre. Whilst we stayed at the hospital, staff talked to me about children going to the Burns Camp and Kerrie was invited to take part the following year.

As her mother I was excited about the idea of her taking part, but concerned too because I didn't want her to be hurt or upset any more than she had already experienced. But I will never forget the first time she went – just to see the excitement on the childrens' faces, all of them alike in one way or another, all understanding what it was like to experience a burn injury and being stared at

in public. Kerrie phoned me every evening to tell me about what she had achieved and about the new friends she had made. Kerrie also began to speak about the trauma of her ordeal and about how the fire had been started.

I can honestly say that the staff and volunteers are 100% committed to making the camp a happy and enjoyable place for everyone. Kerrie has been invited to attend the camp four times now and can't wait to become a leader there in the future so that she can give something back in return for what she has achieved.

# Finance and Fundraising

The cost of the Burns Camp each year is met solely by charitable donations, and a specific endowment fund has been established under the umbrella of the Manchester Children's Hospital Charity, which is a registered charity that supports Booth Hall Children's Hospital.

It costs £500 for each place at the Burns Camp, and up to 40 children and young people can attend each year. Ideally we would like to take every child who wants to join us.

A charity football match is held every year in July, with staff from Booth Hall Children's Hospital competing against staff from the adult Burns Unit at Wythenshawe Hospital. Additional donations come from a number of fire stations across the region that organise their own fundraising events – from sponsored bike rides to fire-fighter calendars – as well as a large number of schools, religious organisations and fabulous individuals



Staff from Booth Hall Children's Hospital helped raise thousands of pounds with their charity football match in 2003



The Co-op Charitable Foundation donated £10,000 to help provide places for 20 children at the Burns Camps in 2004

# Future Developments

Specialist services for children are to be relocated to a new Children's Hospital on the NHS Trust's central Manchester site as part of a major new development. All the expertise of the Burns Unit – nurses, clinicians, play specialists, physiotherapists – will be available in a modern, state of the art hospital. The new Children's Hospital will have its own identity, but will benefit from the proximity to other services and the University.

The burn service at Booth Hall Children's Hospital is being considered as one of a small number of Paediatric Burn centres in the British Isles, as detailed in the National Burn Care Review in 2001.

As part of these plans, the new Children's Hospital, due to be completed in 2009, has been designed to offer the most advanced Burn Centre care by accommodating all the successful elements of the current service and more.

Currently Booth Hall is focusing on the development of burns services for children, working closely with colleagues at Wythenshawe Hospital who provide burn treatment for adults, to facilitate improvements to the burns service across Greater Manchester as a whole.



Children are often referred to the Frank Robinson Outpatients clinic by their GP

## Over the years...

The need for a centre to treat young patients with burn injuries at Booth Hall was recognised in 1953 when the Hospital opened a new ward for burns and scalds. It was the first of its kind in the country and dealt exclusively with severe burns in children up to the age of 16 from across the region.

Today, over 450 children are treated as In-patients at the Burns Unit each year, with an additional 250 children treated at the Outpatients clinic.

## Young Leader Training Programme

This programme began in 2001 to equip young people who have attended Burns Camp themselves in the past with the necessary skills to take on leadership roles in future years. It is a structured two year curriculum run alongside the main Burns Camp activities and provides the young leaders with real opportunities to practice their new skills in a supported and supervised context.

In 2003 the first two people graduated from the Programme. Another three are expected to complete their training by 2005. All will have proven to be very committed and able leaders at Burns Camps and will use their skills and knowledge to help other burn injured children in the future.



If you would like to support the Manchester Children's Burns Camp then please call on 0161 220 5201 or the Charities Office on 0161 922 2217.

Please return this section if you would like further information:

I am interested in fundraising – please send me an Information Pack

I have a fundraising idea – please contact me

I would like to make the following donation towards the Manchester

Children's Burns Camp £ \_\_\_\_\_

PLEASE MAKE CHEQUES PAYABLE TO MANCHESTER CHILDREN'S BURNS CAMP

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_

## Gift Aid

For every £1 you donate to the Manchester Children's Burns Camp we can reclaim the tax to increase your donation through the Gift Aid scheme. There is no extra cost to you – all you have to do is make a declaration. This means that you confirm that you are a UK tax payer and that it is alright for us to reclaim the tax. All personal donations qualify – large or small, regular or one-off, and whatever method of payment.

Please complete this section to increase your donation by a further 28%.

I want this donation and all future donations to be Gift Aid until I notify you otherwise.

To qualify for Gift Aid, what you pay in income tax or capital gains tax must at least equal the amount we will claim in the tax year.

Signed \_\_\_\_\_

## Why do we need charitable money?

The hospital needs to focus its resources on the direct provision of healthcare and providing all the extra things we wish for would divert money away from the NHS's core responsibilities. This is where charitable support comes in, and Booth Hall has an enviable reputation for fundraising from within the community.

Each year children, parents and camp staff complete a questionnaire to provide feedback on the camp and what the children gained from participating. These are some of the comments the children gave:

"That there are people who are worse off than me who are beautiful people inside and are not bothered – this is how I should be"

"Being at Camp has helped me reveal my scars more than I used to"

"I've learned that you can have a go even if you are scared"

Parents were asked what they thought their children had gained. Their responses included:

"He had the feeling of belonging to a really special bunch of people, and also that he is 'normal'"

"The children learn to feel good about themselves regardless about the scars they may have. A lot of them have very low self-esteem and lack self confidence until they've been to camp. Here they are encouraged to have a go, no matter what the challenge instead of assuming or being assumed to be incapable"

"Camp helps the children learn their own strengths even though they've had serious injury or scarring"

Please return to:  
The Charities Office,  
Royal Manchester  
Children's Hospital,  
Hospital Road,  
Pendlebury, Manchester  
M27 4HA

MANCHESTER  
CHILDREN'S  
HOSPITALS CHARITY

"The camps, which have been running for the last 20 years, create a safe place where scarred children can come together to overcome some of their self consciousness and take part in confidence building activities."

Peter Davenport  
Consultant Plastic  
Surgeon and Associate  
Medical Director of  
Children's Services,  
Manchester Children's  
Hospitals.

By the end of the week the change in these children is amazing. They feel nervous at first but within a few days they've made friends. They regain their self esteem, and they also begin to realise that although they might be the only one at school who's been burnt, they're not the only one in the world."

Gill McLaren, Specialist  
Burns Nurse

# Dave's Story

Dave Lenegan's story began when he was just two years old, when a pan of boiling water fell on him at home, causing serious scald injuries to his arms and chest. He spent six weeks on the Intensive Care Unit, followed by many more months in hospital as he slowly recovered before he was allowed home.



Dave spent several weeks in hospital as he recovered from his injuries

Although his injuries had begun to heal, the scarring caused such tightness in his skin that movement of his arms became restricted. At age 11 he was referred to Booth Hall Children's Hospital for skin grafts. Dave recalls:

"When I arrived at Booth Hall I was amazed to discover that I wasn't the only child in the world with a burn injury. The staff were so understanding and I made great friends with the other children who were also undergoing treatment for their burn injuries. For the first time, I was accepted by the others for who I was, regardless of how I looked."

As a young adult, Dave joined the Greater Manchester County Fire Service and has spent the last 20 years working as a fire fighter. He believes that his own experience gives him a special insight when he is faced with dealing with a burn injured child. "I feel sorry for them because I know what they're going to have to live with – not the pain, but living with the scars afterwards" he says.

Six years ago Dave began working as a volunteer with the Manchester Children's Burns Camp and has attended five camps and two jamborees. In 2004 he travelled to Colorado in America's Rocky Mountains to spend a week with The Cheley Children's Hospital Burns Camp, to learn new skills and ideas that he can use for future Camps here. He also picked up several ideas for successful fundraising to support the Camps in years to come.



Working as a fire fighter gives Dave the opportunity to help children when they are first injured

## Dave comments:

"The Camps are the most amazing events. When the children first arrive my scars are usually covered up and I start to build a relationship with the children just like all the other camp staff. On the second day of Camp we encourage the children to go swimming in a private pool – something that many of them are anxious about doing as they feel so uncomfortable and embarrassed by their own bodies. When they see me in my swimming gear, not ashamed about my own scars, you can see their faces saying 'He's one of us!' After that, they realise that you never let burn injuries hold you back in life. For me, that's the most important message that Burns Camp can get across."