Innovative recruitment campaign brings results

An innovative one-stop-shop to recruit staff nurses took place at both York and Scarborough Hospitals this October where successful applicants could walk away with an ‘instant’ job offer.

The events were an initiative by the recruitment team to increase the number of new recruits and were scheduled on a weekend to allow candidates to hear brief talks about what it was like to be a nurse at the Trust. This meant people could apply, be interviewed and leave with a job offer all on one day. It also provided candidates with the opportunity to meet some of the Trust’s senior nurses to find out more about the organisation and the variety of roles available.

The events were promoted on Minster FM and Yorkshire Coast Radio which resulted in a great attendance on the day. A total of 60 potential recruits attended the events, with a fantastic 47 walking away with job offers.

Natalie McMillan, Assistant Director Resourcing, said: “The recruitment team have demonstrated that it is worth exploring and trying new approaches to solve on-going issues and on this occasion, it has really worked with more recruits in one day than ever before. “However, we couldn’t have done it without all the individuals from across the recruitment and nursing teams who came in on their day off, at the weekend, to take part in this event. I would personally like to say a big thank you to them all, the event would not have been such a success without all their dedication and commitment and going beyond what is expected. I hope that as many of our colleagues as possible will support the next one-stop-shop in the New Year.”

The recruitment effort doesn’t stop here though and three further one-stop-shop events have been scheduled for 2014. A radio advertising campaign is planned for December and January to promote the Trust’s nursing vacancies and in January the team will be travelling to London to undertake a recruitment city tour.

The recruitment team would like to thank: Pamela Hayward-Sampson, Ginny Smith, Katrina Swires, Katie Holgate Lee Fry, Freya Oliver, Bridget Gedhill, Harriett Lynch, Jill Diffey, Zoe Jennings, Sue Balmford, Carol Carrington, Janet King, Juliet Robinson, Lynn Ellis, Tina Hodgson, Marijke Brown, Mandy Reynolds, Sue Husband, Amanda Ward and Karen Ogden.

Have you got a story?

If you have a story for a future edition of Staff Matters, we would love to hear from you! Contact the communications team:

- Lucy Brown, Head of Communications: lucy.k.brown@york.nhs.uk
- Elaine Vinter, Media and Communications Officer: elaine.vinter@york.nhs.uk
- Heather Millard, Communications Assistant: heather.millard@york.nhs.uk
Chain reaction from big Christmas knit

STAFF, visitors and patients had their needles at the ready as part of the ‘Knit Before Christmas’ in a bid to decorate the main entrance of York Hospital with a giant knitted chain.

Over 1,600 links of green, red and gold knitted chains have been made and donated, which now adorn the hospital’s entrance.

Kat Hetherington, Art and Design Manager for York Teaching Hospital NHS Foundation Trust explained: “We’re wanted people to play a part in this year’s festivities which is why we asked them to knit a link of woollen ‘paper-chain’ decoration.

“We don’t have a huge budget for decorating the hospital so this year we decided to get creative by asking the local community to join in a big knit.

“As knitting is so popular at the moment we thought it would be an easy and colourful way for people to use up those odds and ends of wool.”

The first three links came all the way from Australia where word had spread about the project.

Kat continued: “We have been delighted by the response and would like to thank everyone for their knitted donations.

“We hope that visitors and staff agree that it creates a festive welcome, adding colour and fun to the main entrance!”

Work on Scarborough maternity theatre starts

Work has commenced on a major refurbishment of the Maternity Theatre at Scarborough Hospital.

The theatre, which is used for a range of emergency and planned procedures associated with childbirth, will undergo a complete refurbishment – an investment of just under £1 million.

The work will involve a total refurbishment of the theatre. The outdated engineering systems will be replaced and improvements will be made to the overall layout and design of the theatre and associated rooms.

James Hayward, Programme Director for Capital Projects, explained: “This is an important project for the Trust. We are committed to the continued improvement of the patient environment at Scarborough Hospital.

“Some of the systems we are replacing are nearly 30 years old; it is time that they are brought up to modern day standards.”

The project, which has been carefully planned over the past year, has required the close co-operation of senior clinical and midwifery staff to ensure the Trust can execute the work safely and with minimal disruption to patients.

James continued: “We have recommissioned an operating theatre to give us the capacity we need whilst the works are being undertaken which will take 20 weeks to complete.”

"Mr Booth, Consultant Obstetrician, said: “This is an exciting development for the maternity service with a major refurbishment of the theatre facilities allowing high quality surgical care for our patients.

“All staff are to be commended on the work they’ve undertaken to provide safe alternative theatre availability while the work is completed.”

Meet Graham - the York flu man

IF YOU have already had your flu jab you may recognise Graham Sullivan. Graham has been out and about since October taking his flu wagon to York Hospital, Selby Hospital and the local community.

Graham, who joined the Occupational Health Team in September to assist with the delivery of this year’s flu campaign, vaccinates between 50 to 80 staff a day.

When he is not giving flu vaccines you can find him on the set of Emmerdale where he has worked as a TV extra for the past ten years.

Graham explained: “The response to the campaign has been greater this year. I think that more people are aware and conscious of the campaign.”

Graham, who has helped deliver the flu campaign for the last four years, continued: “It is a pleasure to come to work, I get to meet new people every day. Last year I helped deliver 2,200 vaccines and hope to beat that figure this year.”

Still need to get your flu jab?

For details of December’s flu clinics see the homepage of Staff Room.

Helping to deliver the campaign: Graham Sullivan
Trust shortlisted for Press Business Award

A GREEN travel initiative aimed at encouraging York Hospital staff to cycle to and from work has seen the Trust shortlisted for a York Press Business Award for sustainable travel.

The project, launched by the Trust’s active travel and transport group, has seen new cycle racks installed and bike parks created. It came about when staff and patients stated that more cycle parking was needed at the hospital, where as many as 1,000 bikes can be parked at any one time.

Research carried out by the group revealed that there were plenty of bike parking areas available across the hospital site, but they were either badly advertised or well hidden, resulting in them being left empty and the central areas over-crowded.

In order to address the problem, the group refurbished and improved signage to the existing parking areas, created some new ones and moved the under-used bike racks to the popular areas, allowing for increased use.

Director of Estates and Facilities Brian Golding said: “The Trust is keen to develop sustainable travel initiatives which are of benefit to both staff and patients. It is fantastic that there are now more cycle park facilities available and hopefully this will encourage even more people to take up greener and more sustainable forms of travel. It is a great privilege that the work of the active travel and transport group has been recognised in this way.”

For more information on the cycle scheme contact Mandy Chambers on ext 772 5251.

Travel group

The successful active travel and transport initiative is now being rolled out at Scarborough Hospital to help improve transport to and from the hospital for staff, patients and visitors.

Anyone wishing to join the group should contact Mandy Chambers on ext 772 5251.

Ward sisters Marijke Brown and Teryll Garner are inviting others to join them and share their experiences.

The Sisters Action and Support Group (SAS) provides a networking opportunity for ward sisters to get together in a relaxed and informal setting where they can discuss their role and provide support when necessary.

Since the successful ‘It’s My Ward’ initiative where ward sisters from across the Trust were given more autonomy to run their ward, the group meets up once a month to further share experiences and provide feedback to the management team.

Marijke explained: “Being a ward sister is a varied and demanding role and is a big step up in responsibility. While we would not swap it for the world it’s nice to be able to share freely with our peers and be able to offer feedback to the Corporate Team in an open and honest way. Each ward is different and has its own challenges and this is a fantastic way of supporting each other so that we continue to be confident in our skills and knowledge.”

The meetings sometimes incorporate guest speakers or workshops to help staff hone their skills and includes the chance to give senior management a better understanding of the day-to-day challenges sisters face. A video link has been set up with Scarborough so that more people can take part right across the Trust.

Teryll added: “The meetings are very relaxed and there is plenty of scope for people to get involved. We find we can be much more open and honest when we are amongst our peers so we all learn more. As the ward sister’s role becomes even more important it is equally important that we support each other to be successful.”

The meetings take place in the Board Room at York Hospital with a video link to the Green Room at Scarborough Hospital.

The next meetings are:
- Tuesday 28 January 2.15-4.15pm
- Tuesday 25 February 2.15-4.15pm
- Wednesday 19 March 2-3.30pm.
Conference success
THE ‘Working Together for Our Future’ conference at York Racecourse in November was a huge success and thanks goes out to everyone who attended to make it such a great event.
Neil Wilson, Assistant Director of Strategy and Planning who helped to organise the conference, said: “Many thanks to all those staff who submitted a poster for display during the conference. Congratulations to the clinical haematology, cystic fibrosis, laboratories and spiritual services teams who won prizes for their posters, which all demonstrated how we can help our patients by working together.”
Further information from the conference, including a video of the speakers, notes from the breakout sessions and a copy of all the posters submitted is available on Staff Room http://staffroom.ydh.yha.com/posters-from-hull-york-conference.
Almost 200 people have also provided feedback from the conference, which will ensure that our next conference is an even greater success. To leave your feedback, please visit https://www.surveymonkey.com/s/workingtogetherevaluation.

They’ve moved
The North Yorkshire NHS Stop Smoking Service is now based at Monkgate Health Centre in York. The main contact number 300 303 1603 remains unchanged and is a local call rate service.

New phlebotomy suite for York
Facilities for people using the drop-in service for blood tests at York Hospital have been much improved following a complete refurbishment of the phlebotomy suite. The changes have seen the service become more streamlined and has reduced congestion at peak times.
Catherine McCluskey, Phlebotomy Manager at York, said: “Patients and staff are delighted with the new facilities. Blood taking is one of the busiest areas in the hospital and high demand at peak times often meant the waiting area became very overcrowded and people had to stand. We have provided a larger waiting area where there is natural light and plenty of seating. There is also a new computerised self check-in ticket system which has streamlined the process so that it is much clearer how long the waiting times are and where people are in the process.
“We’ve changed the layout of the phlebotomy suite so that we now have six cubicles which really helps at peak times. It’s a much more pleasant space to be treated in and patients have a lot more privacy.”
In addition the anticoagulant clinic, where many patients attend for Warfarin check ups, has been combined within the phlebotomy suite providing a larger clinical room and counselling space for those patients.
Catherine added: “It’s made a huge difference to staff as there is much more space to work in, designated office space and a new staff rest room. Even when the department is extremely busy the environment is pleasant to both work and be treated in.”

Whitby staff wear it pink
WHITBY Hospital staff took part in this year’s ‘Wear It Pink’ day in October raising around £130 for Breast Cancer.
As the majority of staff wear uniform and were unable to wear pink, small pink ribbon bows were made and offered in exchange for a small donation.
A big thank you to all at Whitby who participated in the event.

Organ donors honoured
PEOPLE who gave the ultimate gift of life through organ donation are now to be honoured after death at a new annual award ceremony, created by the Order of St John. Working alongside NHS Blood and Transplant, awards were presented to the families and loved ones of those who saved and improved people’s lives through organ donation at a recent ceremony in North Yorkshire.
Rodney Green, from The Order of St John, said “Having a conversation about organ donation is vitally important as we know that making a decision to donate a loved one’s organs is so much easier if you know what their wishes were. We would urge people to have that conversation with people close to them and record their intention to donate on the NHS Organ Donor Register.”
To join the NHS Organ Donor Register visit www.organdonation.nhs.uk or call 0300 123 2323 or text SAVE to 62323.
Scarborough diabetes success

A SPECIAL event in Scarborough to highlight World Diabetes Day left a big impression on local people when hundreds turned out to find out more.

The free event, at the Spa Complex in Scarborough, hosted information stands and exercise and live cooking demonstrations. There was also a programme of speakers, including Chief Executive Patrick Crowley.

Helen Hinchliffe, Diabetes Services Co-ordinator from York Teaching Hospital NHS Foundation Trust, who has organised the event, said: “With diabetes on the increase we wanted to give people in Scarborough and North Yorkshire the opportunity to learn more about the prevention of diabetes and other long term conditions.”

Raising awareness

The Trust actively supported World Wide Stop Pressure Ulcer Day on 21 November with a pressure ulcer awareness campaign.

Dedicated Tissue Viability Specialist Nurses across the Trust held awareness campaigns to raise the profile of pressure ulcers and advise on what key preventative interventions can help reduce risk.

Ceri Elliott, Tissue Viability Specialist Nurse, explained: “The aim was to increase awareness of pressure ulcers for health care professionals, families, and caregivers of patients at risk of developing pressure ulcers. It is a serious problem so we wanted to raise awareness by creating display areas with a range of free educational materials. We also ran activities such as staff quizzes and talks, together with trolley dashes around clinical areas, which gave us the opportunity to discuss and support the public and professionals on fundamental prevention strategies.

“Such prevention strategies are pivotal if we are truly to succeed in reducing pressure ulcers. They are seen as a major problem for patients, affecting millions of people worldwide, deteriorating their health and quality of life, and ultimately can lead to disability and death.”

Patient safety and excellent pressure ulcer prevention practices are an organisational priority for the Trust.

Demand for pressure-relieving equipment

As Winter bites the patient safety team are warning of increased demand for pressure relieving equipment in our hospitals as more patients are admitted during the cold weather.

To make sure that the right equipment is being used at the right time Jo Clegg, Tissue Viability Assistant for equipment, is on hand to support wards at York Hospital.

Sarah Fiori, Senior Nurse, quality and safety team, explained: “When the hospital is busy there needs to be constant daily reassessment of need for pressure relieving equipment.

“High specification mattresses and cushions are provided for vulnerable patients and are in great demand so it is vital that they go back into stock when they are no longer required. This results in greater availability of stock for those in need and prevents patient harm.”

“Pressure relieving equipment is an important part of the discharge process so if a patient does require specialist equipment it is vital that early contact is made with the Discharge Liaison Team.”

For support with pressure relieving equipment contact Jo Clegg on ext 772 4941, Monday to Friday at York Hospital. Out of hours the porters can be contacted direct to deliver and remove mattresses or cushions as requested.

New Macmillan Lung Nurse

HEIDI SIRCUS has been appointed as a new Macmillan Lung Clinical Nurse Specialist at York Hospital.

Heidi will be supporting people with cancer when they are first diagnosed and throughout their illness.

Greener hospital

OVER the last few weeks York Hospital has been going greener and getting brighter as a total of 5,344 light fittings are being replaced across the hospital. The average saving per light fitting in electricity usage is £22.50 per year.

According to the Staff Matters calculator that is an amazing £120,240 over the year!

Ben runs for Cystic Fibrosis

PHYSIOTHERAPIST Ben Richardson has recently completed the Great North Run for the very first time to raise £2,017 for the Cystic Fibrosis Trust.

Ben, who had never run any long distances, was motivated to take on the challenge after meeting an exceptionally brave young patient with Cystic Fibrosis, who sadly died. After training three times a week and a lot of hard work and perseverance, Ben managed to complete the run in just two hours and 46 minutes.
New role for Vicky

IN AUGUST Vicky Mulvana was appointed to the role of Interim Community Allied Health Professionals Project Manager.

The role, jointly funded by the Therapies Directorate and Community Services Directorate, was to help the two areas work together more effectively and deliver more efficient care from Occupational and Physiotherapy teams in the community.

The teams help manage people at home, reducing unnecessary acute hospital admissions and premature admission to long-term residential care, while supporting timely discharge from hospital and maximising independent living.

Staff were consulted to review what needed to change to allow them to do their jobs more easily. A community therapy services visioning event was also held to see how the service might look in the future.

Vicky Mulvana explained: “The service improvement programme spans community therapy services of York, Scarborough, and Whitby Ryedale and Selby localities and it is a challenge to bring together ways of working across such a large geographical area.

“If we as clinicians and as people care about what we do, respect our patients and staff and listen in order to improve we can enhance patient experience and the care they receive.”

National HIV testing week

The Trust’s sexual health team were out and about around the region recently to support the second National HIV Testing Week (22-29 November) with a rapid test which can be completed in just 20 minutes.

As well as offering the tests the team helped to promote awareness of the benefits of regular HIV testing and treatment for the individual, and for the community.

Fiona Wallis, Clinical Nurse Specialist for HIV, said: “It is really important for people who may be at risk of HIV to get tested as a negative result gives reassurance and a positive one means people can get treatment. Nowadays anyone testing positive can get access to very effective treatment.”

York dietitian wins prestigious award

YORK Hospital Macmillan Lead Specialist Dietitian, Barbara Machin has won a prestigious title at the recent 2013 Macmillan Excellence Awards.

Barbara was honoured with the Partnership Excellence Award given to Macmillan professionals.

Barbara said: “In my role as the Macmillan Lead Specialist Dietitian I am privileged to work with cancer patients both in hospital and as outpatients. I have worked with many different health care professionals in order to streamline pathways for patients with cancer, both within York Hospital and across the wider Yorkshire and East Coast region.

“Some patients have to travel large distances to access specialist treatment for their cancer and it is essential that support from dietitians and other rehabilitation specialists is seamless and accessible at every stage. The dietetic advice and support I am able to give enables them to take control of many aspects of their life, this may mean having more energy and feeling better in themselves or it may mean that they are able to go back to work and lead a near normal life again.”

Maternity services bid farewell to Polly

THE MATERNITY team at York Hospital bid a fond farewell to Polly Griffiths who has chaired the Maternity Services Liaison Committee (MSLC) for over 14 years. The committee plays a crucial role in feeding back the views of women who use the hospital's maternity services in order to improve services.

Polly said: “The biggest change I have seen over the years is one of attitude of the staff toward feedback from users. There is a real interest now in what women have to say and a commitment to make changes that ensure the service is user-friendly.

“I want to take this opportunity to say a big thank you to everyone with whom I have worked over the years.

It has been a privilege to have played a small role in the development of the excellent department maternity services is today.”

Dr David Alexander, Consultant Surgeon, said: “It is no surprise that Barbara has received this award as she has made an outstanding contribution to the care of people with cancer. She is a passionate champion of improving the quality of life for patients living with cancer and helps to make a real difference to their lives.”

Acting Head of Midwifery Liz Ross said: “All staff working in maternity services both past and present would like to thank Polly for her huge contribution in bringing forward women’s views and representing them so well. She has been instrumental to increasing awareness of views of users of the service and how valuable this is to the service. Thank you so much. We would like to wish her well as she continues to volunteer and represent maternity service in the newly formed Health Watch.”

Polly has been succeeded by Sarah Willis who has been appointed new chair of the MSLC.

Acting Head of Midwifery Liz Ross, Sarah Willis with daughter Mary, Polly Griffiths, Matron Chris Foster say farewell.
Mallard restaurant set to be transformed

WORK starts on the Mallard Restaurant at York Hospital on Monday 27 January to refurbish the kitchen and dining room.

The new restaurant will be renamed “Ellerby’s” as a tribute to Keith Ellerby who tragically lost his life in 2011. Keith had worked for the NHS for almost 50 years.

The works will involve a complete rebuild of the kitchen and dining room area to include refurbishment and re-siting of the kitchens, a brand new seating and dining area complete with specially designed meeting booths, and a new main serving area.

Service will continue with a hot food menu, deli and cold food, drinks and snacks. Seating areas will be reduced so it may be necessary to buy food to take away at busy times. Please note new opening hours start on 6 January:
- Monday to Friday 07.30 to 18.30
- Saturday 09.00 to 16.00
- Sunday 10.30 to 17.30

Volunteers matter

Our volunteers make such a difference to patient experience in many different ways throughout the Trust and their contribution is much appreciated by staff. We know that the Trust benefits from their valuable time but what do volunteers gain in return?

Staff Matters spoke to volunteer Harriet Hawkins who is currently volunteering with SCBU at York Hospital.

Tell us a bit about you – what do you do when you’re not volunteering?

I have just started a new job as a Health Care Assistant at Scarborough Hospital, and in my spare time enjoy snowboarding, furniture restoration and spending time with family and friends.

What made you want to volunteer for SCBU?

I enjoy working with people and really liked my previous voluntary work. My particular interest in volunteering in the hospital setting was fuelled by my ambition to become a midwife, and I hoped that some experience in SCBU would give me an insight into healthcare and demonstrate commitment to prospective universities.

Have you volunteered at any other organisations in the past?

I previously volunteered at an elderly care home and have just completed a breastfeeding peer support course with a view of doing some additional voluntary work in the near future.

What are the best bits about volunteering for SCBU?

The staff on SCBU are extremely friendly and welcoming, and make me feel like a valued member of the team. I always come away knowing that I have made a difference, even if it is just being a friendly face for parents when they come in, or ensuring that the phones and doorbells are always answered.

Which aspects are more difficult, and how do you cope with them?

I sometimes feel a little helpless, particularly when the staff are very busy! I try to remember that it is not my duty to provide “hands on” support and that my contribution is still important. In these instances I try to ensure that I do as much as I can to “free up” the nursing staff from basic tasks so that they are able to continue with their professional work.

What qualities do you think people need to have in order to volunteer?

I think that you need to be committed, friendly and have good people skills.

How can volunteering help the volunteers?

It can give volunteers a sense of fulfilment, pride and enjoyment, whilst also providing them with some experience and insight into a particular area of healthcare that they may be interested in.

New generator for Bridlington

A NEW generator has been installed at Bridlington hospital at a cost of £444k to replace the current one which is coming to the end of its working life.

The generator, which weighs over 20 tonnes, is used to provide a back-up power supply to Bridlington Hospital in the event that the mains electrical supply should fail and is designed to supply the whole hospital.

When not in use as a provider of emergency back-up electrical supplies to the hospital, the generator is designed to be used to remove the hospital from the National Grid at times of peak demand on their infrastructure, which not only benefits the National Grid but also generates benefits for the Trust.
New staff benefit from credit union

LEEDS City Credit Union (LCCU) is a financial cooperative set up to give members access to affordable savings plans and loans at a fair rate of interest. LCCU is a ‘mutual’, meaning that they are owned by all the members for the benefit of members.

The Leeds City Credit Union savings accounts was launched on 1 December for staff to join by either completing a membership and savings account application form or applying through the website www.leedscitycreditunion.co.uk

Staff can open either a regular savings account or Christmas saving account which the money going into the account can be deducted from salary or by Direct Debit from their own bank account. Once a member of the credit union, staff can also apply for loans, bill paying account and also discounted electrical goods such as cookers, hobs and fires.

Application forms are also available from the leaflet dispenser outside the staff shop at York Hospital, Pat’s Place at Scarborough Hospital or by calling staff benefits on 01904 721170/4326.

Financial awareness sessions on offer

We are offering staff an opportunity to attend a one hour financial awareness session to help people broaden their financial knowledge and understanding.

We are working with Oaktree Financial Training who has developed a free financial education programme, catering for all staff. Sessions will be over the lunch period so a free light lunch will be available. The sessions are aimed at informing staff on topics such as the importance of belonging to a pension scheme as early in their career as possible, savings accounts, ISA and wills, debt, mortgages and utility bills.

In line with the Trust’s belief that financial health is integral to an employee’s overall wellbeing, it also offers staff a full range of financial guidance through the Staff Benefits and Wellbeing pages on the Trust website, which can be accessed at work and at home.

To book your place please email the Staff Benefits team on staffbenefits@york.nhs.uk or call 01904 721170/4326. Session times are 11.30am to 12.30pm or 1.00 to 2.00pm.

The first dates will cover pensions, savings, investments and wealth preservation:
- Friday 17 January, Post Grad, York Hospital
- Tuesday 28 January, Post Grad, Scarborough Hospital

The second dates will cover mortgages, debt and utility bills:
- Thursday 13 February, Post Grad, Scarborough Hospital
- Monday 10 March, Post Grad, York Hospital.

For more information on these benefits, the Staff Benefits team will be at Scarborough Hospital, outside Pat’s Place on 12 December and in the Mallard Restaurant, York Hospital on 3, 10 and 17 December.

Tell us your health and wellbeing stories

WE WOULD like to hear your Health and Wellbeing Success Stories…

For those of you that have registered on, and are currently using the Wellbeing Zone, we would love to hear how this free online tool and phone app available to Trust staff, has helped you to improve your health and wellbeing.

Please email your story to Carol Dickinson at: carol.dickinson@york.nhs.uk or ring Carol on 772 5085 to arrange a convenient time to talk about your experiences. All stories to be in by 31 December 2013.

If you’ve not yet had a chance to register for the Wellbeing Zone, you can do so for free via www.york.wellbeingzone.co.uk.

Click ‘sign up’ and use the organisation code YORK1 to access a wealth of advice and information.

Last chance to Inspire as deadline nears

JUST a reminder that there is still time to take advantage of the Inspire scheme! The deadline for applications is Friday 31 January 2014.

This grant is available to all clinical and non-clinical staff. You can apply for up to £2,000 as an individual or group if you have an idea that will have a positive impact on patient care which will be funded by the York Teaching Hospital Charity.

If you would like an application form or more information about the project please contact Claire Smith on ext 4099 or email claire.smith@york.nhs.uk
Kerrie’s a star performer

Congratulations to Kerrie Wood, Gynaecology Support Nurse at Scarborough Hospital who is the Trust’s Star Performer for October.

Kerrie was nominated for her dedication at a particularly busy time for the Early Pregnancy Assessment Unit at Scarborough. During a week where an unexpected number of women suffered a miscarriage Kerrie stayed on after her shift three nights in a row to look after the women on the women’s unit. This saved the hospital and the women an overnight stay.

The runners up this month were Alex Bagnall, a Staff Nurse on Abbey Ward at Whitby and Caroline Atkinson, a Children’s Community Nurse from York.

Alex was nominated by a colleague for her courage when she came across a lady in trouble swimming in the sea on Whitby beach. With the help of members of the public Alex pulled the lady from the water and gave CPR. Alex successfully resuscitated the lady and she was air lifted to Scarborough Hospital. Remarkably the patient was then transferred back to Whitby Hospital’s Abbey Ward where she once more came under Alex’s care!

Caroline was nominated by a patient’s family for the fantastic service she gave to the whole family. She was praised for always putting the needs of the patient first and always being available to help with worries and concerns - ‘her combination of professionalism, experience and care for both the child and the family make her a pleasure to deal with.’

Buying and selling annual leave

THE SCHEME for buying and selling annual leave for the next leave year will open for applications on 13 January 2014. This scheme allows employees the flexibility to request to alter their annual leave entitlement, either by buying some additional leave or by selling some of their current entitlement.

Extra holiday may appeal for all sorts of reasons – the chance to spend more time with family, special holidays or time to complete a special project. Alternatively, if you wish to use less than your full leave entitlement, this scheme gives you the opportunity to apply to exchange some of it for extra salary.

The scheme arrangements are totally discretionary. Staff must first obtain support from their line manager and the final decision will be made by the Directorate Manager/Head of Service.

Full details, including eligibility criteria and the application form will be circulated via your Manager/Head of Service.

Counselling Service

FROM 2 December there will be changes to the provision of counselling for Trust staff with different ways to access the service and with additional advice lines available.

Confidential Care provide a free and confidential information, support and counselling service whether you’re after practical advice or emotional support with either work or personal issues.

Visit well-online.co.uk for online and live chat, counselling and emotional support giving Username: yhlogin and Password: wellbeing or call 0800 085 1376.

New X-ray for Malton thanks to Friends donation

MORE than £200k is to be invested in brand new state-of-the-art X-ray equipment for Malton Hospital thanks to the generosity of the League of Friends of Malton Hospital.

It will replace the aging equipment currently being used by the hospital with high tech equipment that increases the reliability of X-ray images leading to a better diagnosis.

Ken Kay, Superintendent Radiographer, said: “This is fantastic news for patients in the Ryedale area. The new technology will allow a full range of radiographic imaging and it will reduce the time it takes for patients to have an X-ray. Because of its modern design it will also provide easier access for patients with painful conditions so will help reduce discomfort for those patients.

“In the past there has been a problem with the current equipment breaking down due to its age, so this new equipment will mean a better, more reliable service all round as well as better outcomes for patients in Malton. It will also result in reduced waiting times for patients. We are very grateful to the League of Friends for this donation.”

Jezz Kipling, Chair of the League of Friends of Malton Hospital said: “We are delighted to fund this investment at Malton Hospital. The current equipment is 23 years old so it will be of real value to the people of Malton that they can receive the most up to date treatment without having to travel to Scarborough or York.”
Diabetic eye screening charity cycle ride…

A team of North Yorkshire Diabetic Eye Screening (NYDESP) employees cycled 132 miles from Skipton to Bridlington over three days in June and raised an incredible £2,861 for the Diabetes Centre and Eye Clinic at York Hospital and Diabetes UK.

The team also wanted to raise awareness of the importance of diabetic eye screening. Over the three days, the team visited eight GP practices where they offered a mobile screening service and met with patients and staff who really spurred the team on.

Shelley Widdowson said, “Our team really enjoyed the challenge which was a great team building experience. We were so pleased to have the chance to raise awareness of diabetic eye screening because those with diabetes do have a higher risk of sight loss. Even if our efforts prompt one person to attend our screening service then it’s been worth it.”

“Some of our team members hadn’t been on a bike in years and the challenge encouraged them to buy a bike and get fit; it really inspired us all. We are so pleased with how much we’ve raised and would like to thank everyone who supported us.”

The Diabetic Eye Screening Team ahead of their 132-mile ride

Snowdrop Appeal passes £25,000

The PAST six months has been just amazing for The Snowdrop Appeal. The support has been overwhelming and we have now reached a total of £25,000!

People have really gone to town with their fundraising efforts from sponsored walks, running 10k’s, running into the North Sea, singing, baking and everything inbetween.

The Snowdrop Ball is taking place on Saturday 1 March at The Royal Hotel in Scarborough and there are a few tickets left. If you would like to join us for a fabulous evening, tickets are £40 each and include a welcome drink, a three course meal and entertainment from local band Soul Rida. Auction prizes include hot tub hire for the weekend and a night’s stay at the Cedar Court Grand Hotel in York worth £1,000!

If you would like to fundraise for The Snowdrop Appeal please contact the fundraising team on 01723 236210, email maya.richardson@york.nhs.uk or visit www.york.nhs.uk/fundraising

You can also donate by visiting www.justgiving.com/TheSnowdropAppeal or text SGHM14 £5 to 70070 to donate £5 via a text message.

Carol singing with Santa’s sleigh

Friday 13 and 20 December, Downe Arms, Wykeham.

Come along and join in the fun and get into the festive spirit by riding on Santa’s Sleigh and carol singing around local villages to raise funds for The Snowdrop Appeal and Derwent Supporters Club.

Cost is £5 per carol singer to include mulled wine on arrival and food served at the Downe Arms after the carol singing.

Meet at the Downe Arms at 5.30pm for mulled wine before carol singing in local villages and returning to the Downe Arms at 9pm.

Christmas wrapping service

HATE wrapping presents, don’t have the time or just simply are no good at it?

Well don’t worry, come and see us at the Brunswick Shopping Centre, Scarborough on Saturday 14 December between 10am and 4pm and we will make Christmas that little bit easier for you!

Simply bring your gifts along, we will wrap them for you and make them look pretty, all we ask is that you make a donation to The Snowdrop Appeal. There is no set charge.
Fundraising (continued)

Selby Hospital set for super-raffle

A MEGA PRIZE raffle has been organised at Selby Hospital with lots of prizes on offer generously donated by local businesses. The draw will take place on Tuesday 17 December at 2pm on Selby IPU and it is hoped to raise £1500 for the charity.

For further information or to buy a ticket please contact Domestic Services Supervisor, Fiona Seagrave on ext 7723881 or fiona.seagrave@york.nhs.uk

Fiona’s nana
Pauline Cooney
volunteers to sell tickets

Quiz Nights

Quiz night on Thursday
19 December at the Funny Onion, Bridlington.

THE QUIZ is free to enter with a free hot supper provided and a great raffle in aid of The Snowdrop Appeal.

Start the festivities off with a great night out with your mates with a team of 4-6 people for 8:30pm start at the Funny Onion, Hilderthorpe Road, Bridlington.

New Year pub quiz and raffle

The next YTHC pub quiz will take place on Tuesday 28 January at 8pm in the Post Office Club on Marygate in York.

Cost is £3 per person to enter - teams and individuals welcome (maximum of six per team).

Supporting pancreatic cancer awareness

NOVEMBER was Pancreatic Cancer Awareness Month and the Upper Gastrointestinal Multidisciplinary Team supported Pancreatic Cancer UK’s Every Life Matters campaign by raising awareness in York Hospital. The campaign supports the charity’s aim to create a better future for every single person diagnosed with pancreatic cancer and acknowledges that every life lost to the disease, matters.

Every year, around 8,500 people are diagnosed with pancreatic cancer, and just four percent of people survive for five years or more. By 2030 it is predicted to overtake breast cancer as the fourth most common cause of cancer death. Currently it is the fifth biggest cancer killer in the UK.

Eden Galang, Upper GI Specialist Nurse, and Bev Craine, Upper GI Coordinator at York Hospital said: “Many people do not know where the pancreas is and what it does. They are not aware of the symptoms of pancreatic cancer. When symptoms of pancreatic cancer present themselves, it is often late stage. The disease has the lowest survival rate of almost any cancer. Pancreatic Cancer receives less than one percent of cancer research spend per year despite being the fifth most common cause of cancer death. Awareness and research are the keys to battling the disease”.

Pilot for Learning Hub roll out

THE Corporate Learning and Development and IT training teams have been working behind the scenes to implement a new online learning management system called the ‘Learning Hub’.

Learning Hub is an exciting new tool which all Trust staff will have access to. It will allow you to see the training you are required to do for your role, track your attendances, book onto future courses and complete eLearning. The system will also allow you to browse all courses available to you and apply for places on clinical or personal development training. There is a separate section for managers which allows them to track team training attendances, view reports and approve applications for developmental courses from their team members.
Christmas music across the Trust

A programme of festive live music is planned to entertain patients, staff and visitors to York Hospital in the run up to Christmas.

- Monday 9 Dec - 6.00-8.00, main corridor - Clifton Handbell Ringers, a six strong bell ringing team
- Wednesday 11 Dec -3.30-4.30, main entrance - a variety of ensembles from York St John University
- 7.30-8.30, York Minster - NHS Carol Service, the annual performance brings together choirs from the seven hospitals that make up the Trust to perform traditional carols
- Thursday 12 Dec - 6.00-6.45, main corridor - York Philharmonic Male Voice Choir, truly a performance not to be missed!
- Friday 13 Dec - 3.15-4.30, main entrance - Bootham School’s Chamber choir perform festive tunes for the hospital every year
- Saturday 14 Dec - 10.00-11.00, wards - Ellie Haynes, pianist and singer
- Monday 16 Dec - 6.00-8.00, main corridor - Clifton Handbell Ringers - performing all your favourite festive numbers on delightful tinkling handbells
- Tuesday 17 Dec - 12.30-1.30, Chapel - Drop in carol service in the Chapel with a special performance by the York Hospital staff choir
- Thursday 19 Dec -12.30-1.30, main entrance, Mallard Restaurant and ward 16 - The York Hospital staff choir are taking their performance on tour this year
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Scarborough Hospital events:

- Tuesday 17 Dec - 7.30pm, St Columba carol service
- Friday 20 Dec - 12.30, 1.30 drop-in carol service in the chapel and 7.00pm carol singing on the wards
- Wednesday 25 Dec, 2pm - carols and readings in the chapel.

‘Hosts’ wanted for nativity sets around Trust

LAS POSADAS (Spanish for “The Inns”) is a nine-day celebration beginning on December 16 and ending December 24 which is called Noche Buena (“Holy Night”). It is a yearly tradition for many Christian Latin Americans and symbolizes the trials which they believe Mary and Joseph endured before finding a place to stay and where Jesus could be born. We do our own version here by finding ‘hosts’ for the nativity figures in various places throughout the Trust.

If you would like to be a host to one of the nativity sets then please contact Revd Stuart Petty on 01904 725579 or stuart.petty@york.nhs.uk

Christmas Post message

PLEASE do not arrange for Christmas presents from internet or mail order companies to be delivered to your work address as our post rooms and main stores are not equipped to deal with an influx of mail.

At Scarborough Hospital, internal Christmas cards can be placed into pigeon holes in the post room but they cannot be left for the post room staff to sort.

Any cards (no matter how well disguised) will not be sorted and will instead be put into a ‘Humbug box’ and disposed of after Christmas.

Baubles for Bridlington

BRIDLINGTON Hospital is being represented at a Christmas Tree Festival organised by the Rotary Club of Bridlington.

The event took place on December 7 and 8 at St Johns Burlington Methodist Church.

Local charities, schools, businesses and organisations were invited to decorate a tree that reflected the nature of the provider.

YTHC celebrates switching on the charity’s Christmas tree lights

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