Sir Ian bowls in for Vascular Awareness Week

The vascular team at York Hospital were bowled over to find cricket legend Sir Ian Bothamqueuing up for a free blood pressure check at a recent awareness day to highlight the dangers of vascular disease.

Sir Ian, along with over 80 staff and visitors to the hospital, took advantage of free blood pressure and health checks to see whether he was at risk of developing vascular disease, a condition that affects four million people a year in the UK with 200,000 preventable deaths. The checks were being offered to highlight Vascular Disease Awareness Week.

More than ten percent of people were found to have higher than average blood pressure and were given advice from vascular specialists.

Nicky Wilson, vascular nurse practitioner, said: “We were delighted to have Sir Ian Botham with us for a health check. He inspires lots of people to stay fit and healthy by walking hundreds of miles to raise money for charity and quite clearly he keeps a close eye on his health.

“Vascular disease can affect anyone at anytime and is as widespread as both cancer and heart disease. It accounts for 40 percent of deaths in the UK.

“People can be affected

Above: Charlotte Major, Staff Nurse; Nicky Wilson, Vascular Nurse Practitioner; Marco Baroni, Consultant Vascular Surgeon.

Right: Sir Ian

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
Rebecca Aspin, Media and Communications

Officer (Scarborough Trust):
rebecca.aspin@acute.sney.nhs.uk
Elaine Vinter, Media and Communications Officer (York Trust):
elaine.vinter@york.nhs.uk
Heather Millard, Communications Assistant:
heather.millard@york.nhs.uk

Personal Responsibility Framework

We will be trialling the Personal Responsibility Framework (PRF) in April and May in the Emergency Departments of both sites. This framework outlines the values and behaviours we hope to see demonstrated in the new organisation by all individuals, and is in turn reinforced and embedded in the policies, processes, procedures and environment of the organisation.

It promotes the idea that the Trust will provide an environment which enables staff to do their job safely, efficiently and effectively, and in turn there is an expectation that all staff behave in line with our corporate values.

We believe that our staff are our greatest asset and the PRF is designed to show staff and patients that we are committed to being an excellent employer and to encourage all staff to buy in to delivering the best job that they can in providing safe and effective care.

The framework had been produced in collaboration with our Values Champions from both sites, and...
Integration update

Continued from page 1

builds on the ideas captured from the organisational development briefings which took place in the Autumn.

As a new organisation, we will include the concept of personal responsibility and values behaviours in our policies and processes to make sure that they influence how we attract, select, recruit, develop and performance manage our staff.

Living our values and showing personal responsibility also means doing what we can to be helpful and to show we care, which includes highlighting risk and also suggesting improvements to how things could be done differently.

As part of the trial we will be producing a range of documents to help us launch the framework across the Trust when the acquisition completes at the start of July, and we will be building in the feedback and ideas captured from staff in the emergency departments around what we need to improve or include.

If you have any questions about the framework please contact: Natalie Grosvenor, Head of Integration Organisational Development or Paula Graham, Organisational Development Facilitator.

£26.7m funding for Scarborough Hospital services announced

Earlier this month, the Government announced that Scarborough Hospital will get £26.7 million to improve services for NHS patients across Scarborough, Bridlington, Whitby and Ryedale.

The funding will be used to modernise and improve paediatric, coronary care and therapy services. Scarborough Hospital is one of the many hospitals across England to receive the funding as part of the overall £330 million allocation for England.

Health Secretary Andrew Lansley said: “I want NHS patients across Scarborough, Whitby, Ryedale and Bridlington to get the best care and treatment.

“We have saved money in central capital budgets this year which means we can spend more money on improving NHS facilities. This will mean that more patients across Scarborough and North East Yorkshire will benefit from the latest world class equipment.”

Mike Proctor, Chief Executive of Scarborough Trust, said: “We are delighted to receive this funding which will be invested in the much needed improvement of the Scarborough Hospital estate.

“This investment will not only improve the quality of care and patient experience but will help to reduce our running costs by improving the energy efficiency of the hospital.

“This is an important part of the acquisition and in securing the future of services for people in Scarborough and the surrounding areas. The funding will be spent on a new paediatric facility, replacing Nightingale wards and improving the quality of coronary care, therapy and support facilities at the hospital.

“We will also use the money to remove long standing Portakabin office accommodation and to reduce the maintenance backlog.”

ANY QUESTIONS?

Through Staff Matters, we will be publishing answers to questions and dispelling myths and rumours.

If you have a question or concern, or have heard a rumour and want to find out the facts, email your question to: integrationquestions@york.nhs.uk and we will publish the answers in the next edition of Staff Matters. All questions will be treated in confidence and no names will be shared or published.

Alternatively, you can talk to your line manager about what is happening in your area or department.

Caption competition: your suggestions

THANK YOU to everyone who took the time to email in suggestions for the caption competition, here is a selection of the entries received this month.

Prince Charles speaking:

- “Now I know where the Good Egg award came from!”
- “I understand that it was James’ idea to name the restaurant after the catering manager. Have you ever worked at Spud-u-like?”
- “You must be one of the longest serving Scarborough Chief Executives ever.”
- “Yes Mr Proctor, the Corgi may have an attraction to your leg but I haven’t finished speaking yet.”
- “You see the secret to ‘Dad Dancing’ is in the pointing of the fingers!”
- “I say old chap I would swap that glass for the Cauliflower & Apple soup it looks like it works wonders for the hair line”
- “Mr Martin tells me that you were the inspiration behind putting Yorkshire grown spuds on the menu.”

Mike Proctor speaking:

- “You may be royalty but if you prod me just one more time with that finger of yours...”
- “You must be one of the longest serving Scarborough Chief Executives ever.”

However, the Communications Team voted unanimously that the winning entry was:

Prince Charles to Mike Proctor:

“Mr Martin tells me that you were the inspiration behind putting Yorkshire grown spuds on the menu.”
Team of the Year

Minster’s Local Heroes

Congratulations to the Child Development Team at York Hospital for winning Team of the Year in the Minster FM Local Heroes award.

After celebrating their achievement at a glittering ceremony, the team were serenaded by X Factor winner Matt Cardle.

The team were nominated for the way they welcome children into the ward, greeting each child by name and doing their utmost to make the visits pleasant and enjoyable and that “nothing is too much trouble for them”.

Gill Adams, Nursery Nurse said: “It was a fantastic evening, it was lovely to be looked after so well. Unfortunately only four of us could go, we couldn’t do it without the rest of the team - it was just a shame we couldn’t take them all with us!”

In Brief

Operation Hospital Food up for TV award

BBC One’s Operation Hospital Food which featured the catering team at Scarborough Hospital has been shortlisted for a Royal Television Society Award, for daytime programme of the year.

Up against Deal or No Deal and Antique Road Trip, the winner will be announced at a ceremony later this month.

The annual event honours excellence in key genres of television programming, from children’s drama to comedy performance, history to soaps and covers both national and regional output.

Race for Life

EVERY two minutes someone in the UK is told they have cancer. Ladies, let’s walk, jog or run Cancer Research UK’s Race for Life 2012 to help more of them survive. Enter now at: http://raceforlife.cancerresearchuk.org/

The Bridlington Race for Life event takes place on 24 June, the Scarborough event on 13 May, and York on 27 June.

Collect vouchers

IT’S THAT time of year again when Sainsbury’s is giving out ‘Active Kid Vouchers’ when you pay for your shopping at the tills.

Please say yes to these vouchers and bring them to General Office at Scarborough Hospital. The vouchers are once again going to Duke of Kent (Children’s Ward) to be used for play equipment.

Thank you in advance for helping with this collection. Please also ask family and friends to accept the vouchers at the tills. The more vouchers collected, the better the equipment for the children on Duke of Kent.

Walk-in centre on the move…

ON TUESDAY 17 April the walk-in centre will close at the Monkgate site and will reopen as part of the urgent care centre at York Hospital (located in the emergency department) from Wednesday 18 April.

A significant amount of work has been undertaken to design an improved service that will best meet patients’ needs, whilst offering the most effective use of the resources available.

The urgent care centre will help patients to access the right care from the right healthcare professional at the right time. They will also be able to access the range of specialist support services available at the hospital if needed. Health services will also benefit from more streamlined patient pathways.

By separating minor illness and injury from the main emergency department, the emergency department staff will be able to focus their efforts on the most seriously ill patients. The development of the urgent care centre is the first stage in a redesign of the whole service offered by the Emergency Department.

The urgent care centre will be managed by a multidisciplinary team of medical and nursing staff with the skills to see and treat minor illness and injury. There will be a single reception point and patients will be directed to the urgent care centre or the emergency department depending on their needs.

Other services located in the Monkgate building will continue to operate as normal. Only the walk-in centre is affected by this move.

Choose well.
Fundraising

Round-up of activities

Tickets on sale for fundraising ball

A charity ball will take place on Saturday 16 June at the National Railway Museum in York to raise much needed funds for The STAR Appeal.

The appeal is aiming to raise £300,000 to refurbish York Hospital’s Stroke Rehabilitation unit which is desperately in need of modernisation to meet the specific needs of patients recovering from a stroke.

The black tie event will be hosted by Minster FM radio presenter, Chris Marsden and will start at 6.30pm for a drinks reception, followed by a three course sit down meal at 7.30pm. The evening will finish at midnight.

A range of entertainment will be provided on the evening which includes a raffle, auction and casino and live music will be provided by North Yorkshire’s popular band The Mojos. Alfie Whattam, a 15 year old magician from York who is featured on ‘Britain’s Got Talent’ will also entertain guests during the evening.

Tickets for the ball cost £55 each and tables of 10 are available for £550. There are also a number of sponsorship opportunities available. To buy tickets please contact Lucy Watson on 01904 721737 or email lucy.watson@york.nhs.uk

Look good and help charity at the same time

THE YORK Teaching Hospital Charity is once again working with Boots in Coney Street to organise the very popular ‘Charity Beauty School’ evenings which will take place on Wednesday 11 and Wednesday 18 April.

The events will take place between 6.15pm (for a 6.30pm start) and 8.30pm which have been organised by Clinique to provide two really fun ladies nights.

Tickets for the evenings cost £5 which includes a glass of wine and free treats will be provided to everyone who attends the events.

Once again, any money raised from the events will go towards the ‘Lots of Cots Appeal’ to raise money for new cots for the hospital’s Maternity Unit. There will also be a raffle on the evenings with prizes to be won, worth hundreds of pounds.

To buy tickets for the event please contact Lucy Watson on 01904 721737 or email: lucy.watson@york.nhs.uk. You can also purchase tickets at the Volunteering and Fundraising office on the main corridor of York Hospital or at the Clinique counter in the Boots store in Coney Street.

Scarborough Hospital set for network upgrade

IN THE coming weeks there will be some important changes made to the Scarborough Hospital network infrastructure.

Adrian Shakeshaft, Network Manager, explained: “In order to maintain a high level of support on our network and to enable the introduction of a new telephony system, phase one of the project will involve replacement of all the network switches within Scarborough Hospital.

“Unfortunately this will result in some unavoidable downtime in each area as and when they are migrated.

“This downtime will vary between 30 minutes to two hours depending on the complexity of the area. Systems and Network Services will agree a mutually convenient time with key users in each area in order to minimise the disruption to services.

“Once we have swapped out the network switches and cabinets in some areas, phase two will involve replacing the existing telephones with new Cisco telephone handsets. Once again we will liaise closely with key users in each department so that users’ telephony needs and expectations can be met as fully as possible.”

The new phones will have additional features and benefits including a telephone directory.

Regular updates will be sent as work progresses. If you have any queries please contact Adrian Shakeshaft on 01904 725012 or email adrian.shakeshaft@york.nhs.uk.
Visitors, staff and patients walking into Scarborough Hospital can now experience a much improved first impression of the hospital as the refurbished main entrance and reception area has opened its doors.

The entrance has undergone a complete transformation. Not only is it much lighter and more airy, but it is much more spacious. A new layout will help improve patient flow whilst new facilities include a waiting area, baby changing room and a hand washing station with sink and hand gels, helping promote the importance of good hand hygiene.

The first thing that you see when you walk in is a new reception and PALS enquiry desk which will be manned during key hours.

The WRVS Shop has been extended and now includes a coffee bar with freshly ground coffee and hot chocolate machines alongside an additional seating area with tables, chairs and bar stools. The coffee bar will also serve a selection of hot food including soup, jacket potatoes, toasted sandwiches and paninis. Fresh fruit and bakery produce will also be delivered to the shop daily.

James Hayward, Director of Facilities, said: “We are delighted with the results. The main gateway to the hospital has undergone a complete transformation, proving a better experience and first impression for patients, staff and visitors.

“We are always looking for volunteers and would love to hear from anyone, young or old, who would like to be part of our team of volunteers here at Scarborough.

“Anyone over the age of 14 can volunteer and by registering with the website www.vinspired.com by volunteering you can add points to your CV.”

This £565,000 refurbishment was made possible thanks to a £200,000 donation from WRVS and £250,000 of funding from the Trust’s charitable funds. Over £100,000 has also been made available through the Trust’s Capital Plan for 2010/11 and 2011/12 to improve the patient environment.
Obstructive sleep apnoea occurs when the throat narrows during sleep and causes breathing to be interrupted. Sufferers can stop breathing hundreds of times each night. Fortunately the body senses that breathing is blocked and people wake up only to go back to sleep and continue the cycle. This results in poor sleep quality that makes people tired during the day and it is one of the leading causes of excessive daytime sleepiness.

Sleep apnoea affects both men and women, but women are more reluctant to seek help from their GP when they experience symptoms such as snoring and disrupted sleep. As a result they are less likely to be diagnosed and treated. Jaynie Pateraki, Sleep Service Specialist Nurse, said: “We are very concerned that many more men than women are diagnosed with the condition, often because the person’s partner has read an article on it and recognises the signs. Unfortunately women are not coming forward, possibly because they don’t realise they have the condition or they are too embarrassed to speak to their GP about their symptoms.

“It can really interfere with people’s activities and affect their performance at work, sometimes to the point where they can lose their job. It can also cause sleepiness while driving – sleep apnoea sufferers are about seven times more likely to have a car crash.

“The good news is that the condition can be treated successfully and people report that their lives have been transformed after treatment. Anyone who has symptoms that include snoring, extreme daytime tiredness, reduced concentration, morning headaches and disrupted sleep should speak to their GP and ask about referral to one of our sleep clinics.”

Margaret Dawson, 62, from York was so severely affected by sleep apnoea that she believes she wouldn’t be here today without the help of the sleep clinic.

Eventually Margaret was admitted to York hospital where she stayed for six weeks under the watchful eye of the sleep service specialists. Margaret said: “It was a big relief to me and my family when I was diagnosed with sleep apnoea so quickly. I had reached the stage where my heart was actually stopping and I would gasp for breath and that would jolt me awake. That was going on quite a few times each night. When I woke up on a morning, it felt like I had never been to sleep.

“It took a while to get my treatment sorted out but now I feel absolutely great. For the last nine years I have been wearing a special mask that helps me breath normally through the night and I am now as active as ever.

“Jaynie and the team have been absolutely fantastic. I still see my consultant every six months and attend the clinic every year even though I’ve had no problems.”
Taking the pain out of statutory and mandatory training

A project to make statutory and mandatory training more accessible and relevant to staff has seen a team of over 50 staff at York Hospital being recruited to become statutory and mandatory advisors.

These are local champions in their departments or directorates for all things statutory and mandatory related and their role is to liaise between staff and the Corporate Learning and Development team to help make training less daunting.

Billie Cameron, project lead, explained: “It’s really important that staff receive statutory and mandatory training, not only for their personal safety and development but also for compliance.

“We wanted to make it as easy as possible for staff to access this training so we have introduced statutory and mandatory advisors who can give people tailored, local knowledge and advice about their statutory and mandatory training. They can also help staff track the progress and compliance of their own training requirements. It means that staff have someone they can speak to directly for advice.

“Just as importantly the statutory and mandatory advisors are also helping us review and shape our training programme and accessibility by truly feeding back to us what does and doesn’t work for their team.”

The project has so far been hugely successful and has simplified and improved the system.

Maggie Higginbotham, clinical educator and statutory and mandatory advisor, said: “It’s important to staff that someone understands and acknowledges the barriers to them accessing training. It could be a case of staff shortages making it difficult to get to training or simply a lack of understanding of what it means for their own safety and patient safety.

“I have been able to help staff in my department find protected time for training and show them how to access e-learning so that training can be done online when it is convenient. There is also a speed booking system which offers last minute places which staff can take up if they are free. Group bookings can also be made online.

“Managers have also found it easier to keep a closer eye on their teams’ training requirements as they now have access to a monthly report which helps in focussing on training priorities.”

Anyone interested in becoming a statutory and mandatory advisor should speak to their own statutory and mandatory advisor, department head or manager, or email CLAD bookings. Anyone is welcome to become an advisor.

Medical records

AT SCARBOROUGH Trust there has been another incident of medical records being left in the back of a wheelchair. All staff are reminded about the importance of checking for medical records. Medical records must be treated as confidential at all times and should not be left in view of the public.

Friends thanked

THE SCARBOROUGH Hospital League of Friends has recently paid for the refurbishment of the Ultrasound department. The refurbishment included new flooring, blinds and decoration. On behalf of the department we would like to say a big thank you for the Friend’s continuing support of the hospital.

Get moving with ‘Move It’

WITH the approach of the London 2012 Olympic and Paralympic games, York Trust is launching ‘Move It’, a project aimed at inspiring more people to take up physical activities and improve their wellbeing.

Janet Mountain, Project Manager for Events, said: “We have been granted the Inspire mark which is a symbol that officially links us to the 2012 Games so we want to celebrate all the physical and sporting activities that are happening in the Trust. Already people take part in the Global Corporate Challenge, exercise regularly at Zumba and Pilates classes, and keep a check on their health with Revitalise. We want more people to come forward with new ideas for activities to inspire everyone to get moving for the 2012 Games.”

Everyone is welcome to come along and find out more at the ‘Move It’ launch on 4 April in the Mallard at lunchtime.
New coaches qualify

Congratulations to Marion Khan, Jacqueline Hitchin, Elizabeth Ross, Joanne Startup, Paula Graham, Lynda Greetham, Anne Hallam, Elaine Haywood, Helen Kent, Steph Wild, Allison Henderson, Sharon Hurst and Jill Meredith on the completion of their ILM Level 3 Award in Workplace Coaching for Team Leaders and First Line Managers.

A presentation of their certificates took place in the Learning and Research Centre on the 15 February 2012.

The above named now join a register of qualified coaches who work throughout the Trust covering both York and Scarborough areas.

To find out more about coaching or to enquire how you could become a coach yourself please contact Teresa Elliott at teresa.elliott@york.nhs.uk or the Organisational Development and Improvement Learning Team who will be able to provide you with further information.

The Organisational Development and Improvement Learning Team run one day Introduction to Coaching Sessions throughout the year in York, Malton and Scarborough. These sessions will give you the opportunity to find out what coaching is all about and could lead to your first step towards becoming a coach. Dates of these sessions can be obtained through Sarah Sheldon on 01904 721040 or the Corporate Learning and Development Team on 01904 725219.

Qualified: from left, Marion Khan, Jacqueline Hitchin, Elizabeth Ross and Joanne Startup

Friends buy new chairs

THE BRIDLINGTON Hospital League of Friends has purchased three new specialist ophthalmic examination chairs for the Outpatients Department at Bridlington Hospital.

The three Carma Specialist/Treatment Examination Chairs which cost £1,635 have an anti-MRSA covering. They will be used by patients who attend appointments in the eye clinic.

Margaret Peel from Bridlington Hospital League of Friends, said: “These chairs will be safer, more comfortable and make examination of the eyes easier for the clinician.”

Suzanne Meek, Senior Sister in Outpatients, said: “We would like to thank the League of Friends for purchasing these chairs which will greatly enhance the experience for both our patients and clinicians.”

Friends buy new chairs

Getting comfy: Sister Suzanne Meek with members of the League of Friends as they try out the new chairs
**Postgrad funding boost**

York and Scarborough postgraduate training teams are celebrating receiving funding which will bring huge improvements to the Applied Learning and Research (ALAR) centres at both sites.

The funding was granted by the Yorkshire and the Humber Deanery who are responsible for postgraduate training in Medicine and Dentistry across the region.

Anne Devaney, Deputy Director of ALAR, said: "We are absolutely delighted to receive this funding."

"We have put together a training session for nursing staff which will be delivered by our Clinical Skills Facilitator Joanne Whitehead and will consist of what clinical skills HYMS teach, how we teach them and how students are assessed utilising the new assessment process. There will be a real time assessment of a student and we will have on display clinical skills equipment so you can see how it is used in teaching.”

The event takes place on Wednesday 27 June at HYMS, Scarborouh Hospital. There are three one hour sessions starting at 11am, 1pm and 2pm.

HYMS Tutor Training

A series of tutor training sessions across the region have also been arranged by HYMS. Please see the table below for more information.

<table>
<thead>
<tr>
<th>Training</th>
<th>Date/Time</th>
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<tr>
<td>HYMS Road Show ROA/Exams (year 4)</td>
<td>Monday 30 April Malton GP 6.30pm – food from 6.30</td>
</tr>
<tr>
<td>CAT marking, ROA and Educational supervision</td>
<td>Wednesday 28 March 2012 6.30pm Whitby GP – food from 6.30</td>
</tr>
<tr>
<td>Overview of assessment and OSLER (year 5)</td>
<td>Thursday 19 April 2012 SGH HYMS 9.30am</td>
</tr>
<tr>
<td>OSLER/Exams (year 4)</td>
<td>Thursday 7 June 2012 SGH HYMS 9.30am</td>
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**Vascular Awareness Week**

*Continued from page 1 in different ways - pain when walking, cold hands and feet, aneurysm or stroke. The condition can be hereditary but there are some clear risk factors such as diabetes, smoking, high cholesterol, diet and weight."

"Vascular disease affects a wide range of people particularly those with diabetes and the elderly.

Nicky continued: "One of the most common forms is peripheral vascular disease which is more commonly known as hardening of the arteries. This affects the legs and can cause pain, ulceration and amputation. Because many of the nine percent of the population who suffer with it are not aware of the disease, this illness can be left untreated and the effects are irreversible.

“Fortunately the disease can be treated medically and surgically. Prompt treatment makes a huge difference, for example people with symptoms of a mini stroke can have surgery on the arteries in the neck to help prevent them having a major stroke.

“Making lifestyle changes such as healthy eating, exercise, and not smoking are the biggest priority in preventing and controlling this disease. A blood pressure check is the most simple and painless way of monitoring your health and can be done at your GP practice and some pharmacies.”

Anyone who is worried that they are at risk of vascular disease can find out more online from the Circulation Foundation, a charity which champions the prevention and treatment of all vascular diseases where a risk checker tool is available on their website www.circulationfoundation.org
**New surgery timetable in operation**

Theatre opens its doors at Bridlington Hospital

FOLLOWING A £500,000 refurbishment of the main theatre, Bridlington Hospital’s new surgical timetable is now in operation! The theatre schedule has been extended to include brand new theatre lists including urology, general surgery, orthopaedics and ENT. Three theatre lists have also been relocated from Scarborough Hospital including two urology lists and general surgery with Mr Mainprize. This will mean that the two theatres are fully utilised at the hospital.

Patients will also be able to stay overnight following surgery at Bridlington Hospital.

The surgical nursing team has been strengthened with the appointment of four new nurses, and a Consultant Anaesthetist will also be based at the hospital to support patients overnight.

The refurbishment of the main theatre included new flooring, ceilings and air purification system.

Matthew Groom, Hospital Development Manager, said: “We are delighted to open the doors to the main theatre. This £500,000 investment has not only brought the main theatre up to the highest possible standard but enabled us to expand our surgical activity to include an overnight facility for surgical patients.

“Examples of the procedures which will take place include gall bladder removal, dental work and shoulder surgery. Treatment for bladder and kidney stones will also be possible as £50,000 has been invested in a new laser for urology treatments.

“We will be holding an official opening event on 11 May when Greg Knight MP will officially open the theatre. Over 200 members of the local Bridlington population who have signed up to be members of York Foundation Trust will also be invited to come and look around.”

**Hypnobirthing comes to York**

A NEW type of maternity class is being introduced at York Hospital which teaches simple but specific self-hypnosis, relaxation and breathing techniques for a better birth.

Midwife and trained HypnoBirthing practitioner Morag White explained: “HypnoBirthing is a complete birth education programme which allows women to experience birth in an atmosphere of calm relaxation, free from fear and tension.

“It helps women who are scared of birth because they’ve never done it before, or who are anxious because of a bad experience last time, or who just want a calmer, easier, more natural birth experience. The techniques that mothers-to-be learn can reduce and even eliminate the need for conventional pain relief methods. They are not in a trance or asleep but aware and fully in control, and profoundly relaxed. Most importantly it gives mums the confidence to call on their natural instincts to birth the baby.”

The five week programme costs £200. To book a place call 01904 72 6724.

For more information on Hypnobirthing, including references for scientific evidence, see the following websites: www.hypnobirthing.co.uk, www.hypnobirthing.com

**RCN Congress in Harrogate**

The RCN Congress is the biggest event of its kind in the UK and is returning to Harrogate for 2012. The event has attracted key speakers in the past including the David Cameron, Gordon Brown, Nick Clegg and Andrew Lansley.

Running alongside the talks and debates is the biggest exhibition of its kind and a large programme of professional, educational and social events. It is free to attend for both RCN members and non-members and is an excellent opportunity to develop skills and network with colleagues from across the UK.

Find out more at www.rcn.org.uk/congress2012

**Faxing? Don’t take risks**

JUDGING from a spate of recent reports, faxing personal information is a high-risk business. A misdirected fax can cause damage and distress to the individuals identified, and the sender can be hit with an eye-watering fine for breach of the Data Protection Act. One council was fined £100,000 when details of a child sex abuse case were faxed to the wrong number.

For everyone’s protection, make sure you always follow the Safe Haven rules:

- Don’t fax if you can use secure e-mail
- Use a cover sheet that identifies sender and intended recipient, and includes directions if received in error
- Mark the fax ‘Private and Confidential’
- Use a pre-programmed fax number or double-check the number you put in
- Ring ahead to be sure that someone is there to collect
- Ask the recipient to confirm safe arrival
- Report via AIRS if ever a fax goes do astray.

**In Brief**

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New surgery timetable in operation
A project to improve the energy efficiency of Bridlington Hospital has been given the go ahead and will commence shortly.

The £47,000 capital investment will see the installation of 270mm of insulation to the loft space helping the hospital save 78 tonnes of carbon – around 8 percent of its carbon reduction target – and achieve yearly savings of £12,000.

James Hayward, Director of Facilities, explained: “Analysis of the current energy consumption and insulation levels of Bridlington Hospital suggest that the annual cost to the Trust of heat loss through the roof space is £14,000. This represents 16 percent of the annual gas utility cost for the hospital.

“This project also demonstrates our commitment to reducing carbon emissions and in contributing to the Government’s carbon reduction targets of 80 percent by 2050.

“It will also bring Bridlington Hospital in line with current building standards and future proof the Trust against further energy price increases as well as improving the patient environment by helping to maintain a constant internal temperature.

“A tender exercise has already been completed and the work is being provided by a local York-based company, improving the sustainability of the project as a whole and helping the Trust to contribute positively to the economic sustainability of the region.”

Foundation degree for Whitby Therapy Assistants

CONGRATULATIONS to Therapy Assistants Lesley Metcalfe and Melanie Winspear from Whitby Community Hospital on gaining a Foundation degree in Health Sciences after studying at Teeside University one day a week for the past two years.

Lesley said: “We studied anatomy and physiology, research, foundations of practice, knowledge and skills in practice as well as our rehabilitation route modules in Occupational Therapy and Physiotherapy. We were assessed through assignments as well as written and practical exams in university, and by completing competencies in the workplace.

“As we both work full time it was sometimes difficult finding time to study, this impacted on our home life and we have to thank our families for supporting us during the stressful times. It was well worth it at the end. We have achieved a qualification which will hopefully in time allow us to progress in our current job role to become assistant practitioners.”

DOZENS OF PATIENTS DYING DUE TO POOR NUTRITION IN NHS HOSPITALS

Hospitals feed patients on 90p a meal, official figures show

Why does nutrition matter?

Come and find out at a free event on 14 June 2012 at Norton Bowling Club, 9am until 4.30pm.

- Case studies and interactive sessions
- Speakers include Professor MacFie, President of the Association of Surgeons of Great Britain and Ireland
- Exhibitions
- Quiz – Win a signed James Martin cookbook
- Lunch will be provided

The event is being sponsored by various nutrition companies who will be in attendance on the day. The advertising materials have been sponsored by

CONGRATULATIONS to Therapy Assistants Lesley Metcalfe and Melanie Winspear from Whitby Community Hospital on gaining a Foundation degree in Health Sciences after studying at Teeside University one day a week for the past two years.

Lesley said: “We studied anatomy and physiology, research, foundations of practice, knowledge and skills in practice as well as our rehabilitation route modules in Occupational Therapy and Physiotherapy. We were assessed through assignments as well as written and practical exams in university, and by completing competencies in the workplace.

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Darren’s DVD puts him on track for success

The winner of the February award is Darren Fletcher from the Quality and Safety Team.
Darren has developed a very emotive and powerful patient safety DVD which is being used internally as part of induction, team brief, recruitment and training programmes. The DVD has also been shared with external organisations including other hospitals.

Darren developed the DVD having been inspired by a training session he attended which motivated him to try a different approach to staff engagement.

The DVD has caused a shift in the minds of staff, allowing them to reconnect with why they work in a hospital and their role in keeping patients safe. It is a constant subject of conversation by those who have viewed it who have found the DVD to be challenging and focussed.