A special event to recognise the extraordinary efforts people made during the horrific floods that affected the region last December was held last month.

Staff from York Hospital and community services were invited to share their stories and receive a thank you on behalf of the Trust. Chief Executive, Patrick Crowley and Director of Estates and Facilities Brian Golding attended to say their personal thanks.

Patrick said: “Out of the blue huge parts of our community were affected by flooding and we saw people across our organisation and county coming together to do whatever they could to help. There were some phenomenal examples of people going above and beyond anything we could have asked of them and it is very much appreciated.”

Brian commented: “We really do have amazing staff, no one waited to be told what to do, everyone just got on with it. When I came in to the hospital to help there was actually nothing that I could do!”

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continues on page 2
A plan for the transformation of York Hospital’s Discharge Lounge has taken the winning bid as this year’s Inspire Project. The scheme encourages staff to apply for a £3,000 grant provided by the York Teaching Hospital Charity to conduct an inspirational project within their department.

Competing with 26 other worthy applications, Anna Holmes-Ellerker, Admin Coordinator for Patient Flow and Bed Manager Lydia Morrison, secured the grant to work alongside the Corporate Improvement Team to redesign the Discharge Lounge.

Lydia said: “The funding will help to create more room in the Discharge Lounge and more seating to increase patient flow. We will create a dining area for patients to sit, eat and socialise which will encourage the wards to discharge more patients earlier, freeing up more beds. Enhancing a patient’s experience is critical, this is the last part of their patient journey therefore their lasting impression is vital.”

The Corporate Improvement Team has been running the inspire scheme for three years. From the 26 applications submitted to the judging panel a number of further applications were agreed to be supported by the charitable funds committee.

Bianca Cipriano said “The number of applications we receive multiplies every year and the quality of each application is outstanding, every year is harder to judge due to the great value of each application. All are such positive projects that we have directed all applicants to other sources of funding or provided advice on how to continue with their project. A number of the applications have been given further support from York Teaching Hospital Charity.”

The judging panel consisted of Linda Dunlop, Improvement Facilitator, Bianca Cipriano, Project Support Officer, Maya Richardson, Community Fundraiser and Dianne Willcocks, Non-Executive Director.
Dietitians promoting good nutrition and hydration

Dietitians across the Trust were out and about last month to raise awareness of the importance of good nutritional care and hydration to mark this year’s Nutrition and Hydration Week (14-20 March). The team were spreading the word at York, Scarborough, Malton, Bridlington and Whitby Hospitals and encouraged staff and patients to join in the Worldwide Afternoon Tea where tea and cake was served on wards. Staff manned stands at Scarborough and York Hospitals sharing information and tips to improve nutrition and hydration.

Berenice Carter, Professional Lead, Nutrition and Dietetics, said: “The aim of the week is to illustrate how, by making positive changes to eating and drinking habits, people can improve their quality of life. It’s really important that staff and patients remember to make every drink opportunity count, every meal time count and make every opportunity to improve food and fluid intake count.

“We asked all nurses to give an extra drink or two to a patient on their area of work throughout the week and cake was served with the afternoon beverage round to celebrate Worldwide Afternoon Tea.”

Importance of good nutrition
Good nutrition is particularly important for someone who is recovering from an illness. Eating only a limited diet or not getting enough food can lead to malnutrition.

Malnutrition can be caused by:
• some diseases, such as cancer
• some medications, which can interfere with the body’s ability to absorb nutrients
• problems with dentures making eating difficult
• problems with swallowing (dysphagia) and chewing due to neurological conditions
• lack of appetite
• loss of smell (anosmia) or taste
• depression

Did you know?
Water makes up over two-thirds of the healthy human body? It lubricates the joints and eyes, aids digestion, flushes out waste and toxins, and keeps the skin healthy. It’s recommended that adults drink the equivalent of six to eight glasses of fluid every day.

Early warning signs of dehydration
• feeling thirsty and lightheaded
• a dry mouth
• tiredness
• having dark coloured, strong-smelling urine
• passing urine less often than usual

Community staff serve Yorkshire tea supplied by Betty’s and cakes from Yearsley’s

Right: Nutrition Nurse Annie Coppock and Domestic Assistant Ian Wolfenden serve tea and cake at Scarborough Hospital
System downtime – HealthRoster upgrade

ROSTER creators and matrons are being reminded that there will be an upgrade to the electronic rostering and nurse bank systems in May.

The on-going commitment and provision of electronic rostering and nurse bank systems means migrating the current Healthroster system to new faster web based version platform. This is an essential upgrade of the system working towards a go live date of Monday 16 May.

As part of this update our software providers will require system downtime to move all of the historical roster data into the new version.

Healthroster, Employee Online and BankStaff will be unavailable from the 9 to the 13 May.

Ward staff will not be able to access Employee Online to view rosters, request days off, book bank shifts or add availability for bank work. Roster creators and matrons will need to factor the downtime into plans for roster creation and finalisation.

The provision of weekly pay for bank workers will not be affected by this downtime and bank workers should submit their timesheets as normal.

Siân Longhorne, Workforce Information Manager, said: “We are pleased that as part of our on-going commitment and provision of electronic rostering and nurse bank systems we will be making it faster to use. The navigation and look and feel of the software should be very familiar so we anticipate the transition to be straightforward for the people who use the system, however we will be holding familiarisation workshops.”

Paper efficiency savings add up

A HUGE project to standardise paper hand towel products across the whole of the Trust is set to save hundreds of thousands of pounds in the next couple of years alone. The decision to change suppliers followed a cost saving exercise led by procurement which involved extensive trials in York Hospital to monitor usage against costs and gain feedback.

Paul Horsefield, Specialist Procurement Officer, explained: “We had to take a few factors into consideration when we were thinking about making a change. The electronic dispensers installed at Scarborough Hospital are soon to be discontinued by the manufacturers so we had to look at alternatives.

“The products that were considered were available from NHS Supply Chain – this route allows us to access products and suppliers that have already been through a robust national tender exercise and assessed on a number of criteria including cost. “A number of factors, including paper quality and the attributes of the dispenser, were considered and the two market leading suppliers were invited to present their products.

“Usage figures from the trial were factored in to the costings and although we expect to use more of the new product, it is significantly cheaper overall. Other benefits are that the new dispensers are battery free, saving on Estates time, reducing cost and environmental impact.

“We are looking at saving up to £140,000 a year as a recurring saving which is around a quarter less than we were paying last year.”

Symptom card improves diagnosis of complications

O ccupational therapist Kerry Aldridge, who works as an advanced clinical specialist in oncology and palliative care, hopes to improve early detection of a complication of cancer with the introduction of a new information card.

As part of her role Kerry has been working on a project on metastatic spinal cord compression (MSCC) which is a rare but often catastrophic complication of cancer that occurs when the disease spread causes compression of the spinal cord. If it is not treated quickly it can lead to irreversible neurological damage and paralysis and prognosis becomes very poor.

MSCC is classed as a medical and oncolgical emergency.

Kerry explained: “Unfortunately, research has found that there can be delays in diagnosis and often MSCC is not suspected until the presentation of late onset symptoms. This can have a direct effect on the success of treatment for patients and their overall outcome.

I was asked to develop a pathway detailing the therapy provision for people with MSCC but in the course of doing so a number of other issues were highlighted, one of which was the need for earlier diagnosis of MSCC.”

As early diagnosis is essential and relies on health care professionals knowing which symptoms to look out for, Kerry turned to MSCC experts at The Christie Hospital in Manchester, which is a centre of excellence for cancer care.

Kerry continued: “I discovered The Christie had designed a data card for staff which lists the ‘red flag’ symptoms of MSCC. It acts as a visual prompt for staff when assessing and treating patients and has led to significant improvements in the early detection and treatment success for their patients with MSCC.”

After contacting The Christie to gain permission for the Trust to reproduce the cards, Kerry secured funds from the York Teaching Hospital Charity to produce 500 cards. She is now putting together some training on MSCC and will begin distributing the cards amongst front-line and community therapy teams across the Trust.

Kerry said: “The aim is to raise awareness of the condition and help staff to recognise the symptoms in order to aid early diagnosis and improve the outcome for patients with MSCC.”

Any teams who feel they would benefit from the cards should contact kerry.aldridge@york.nhs.uk or call 7725383.
NHS Sustainability Day

The Trust celebrated NHS Sustainability Day (24 March) this year with events right across the region.

At York Hospital a display at Ellerby’s Hub revealed some impressive figures. Our total carbon footprint in 2014/15 was 116,745 tonnes - that’s enough CO2 to fill over half a million double-decker buses!

The display illustrated the Trust’s initiatives in recycling materials such as cardboard, paper, metal, wood, furniture and plastics and information on the Trust’s sustainability commitments for the future.

There was also information about sustainable travel options and free cycle and walking route maps, bus timetables and maps, free cycle seat and back pack covers.

At Scarborough Hospital there was a sustainable travel event similar to the one held in York last year which showcased the latest advances in fuel saving cars to give staff at Scarborough Hospital a head start when it comes to saving money. Those with lease cars had the opportunity to see some of the latest models up close and find out how much money can be saved.

At Bridlington Hospital staff took a tour of the new energy centre, set to save over £100,000 in the first year.

Jane Money, Sustainable Development Manager, explained: “The events were aimed at the public and staff to show how much work the Trust puts into sustainability. The display presented information on the Trust’s commitments going forward and the work of the Trust’s Sustainable Development Group. The group is working to reduce our energy carbon emissions by 3,000 tonnes, recycle at least 25 percent of our waste and reduce our transport emissions. It gave us the opportunity to seek out new ideas from staff and visitors so that we can continue to reduce our energy use.”

TO MARK NHS Sustainability Day (24 March) the Trust celebrated the official opening of the refurbished energy centre at Bridlington Hospital. The £1.24M project will achieve guaranteed savings of £104,375 in the first year - a 30 per cent reduction on current energy bills and operating costs.

The upgraded at Bridlington includes improved boiler control and the installation of a combined heat and power (CHP) unit which will make a significant contribution to reducing carbon emissions as well as significant savings to the hospital’s energy costs.

The unit will supply all of the hospital’s night time electricity, over 50 percent of its day time electricity, and make a substantial contribution to the heating and hot water supply.

The energy centre was officially opened by the Finance Director Andrew Bertram joined by Brian Golding, Director of Estates and Facilities, members of the Bridlington Hospital Estates team and representatives from Vital Energi who were the appointed supplier for the project.

Brian said: “As an organisation, we are very much aware of sustainability issues and are committed to reducing our environmental impact. Our sustainable development group ensures that we are consistently addressing energy consumption across all our hospitals, looking at everything from light bulbs through to the design of new buildings. By reducing energy costs, we can reinvest savings into front line services and patient care.

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“In 2014 we completed a major energy saving and carbon reduction project at York Hospital using a Carbon and Energy Fund Framework with Vital Energi. Since the completion of this project, we have seen a huge reduction in our energy consumption. “

“We have now extended the successful strategy to Bridlington Hospital and a similar project at Scarborough Hospital is scheduled for completion in the summer.”

Following the handover, staff at Bridlington Hospital were invited to visit the boiler house and see for themselves the improvements made. Members of the Trust Estates and Facilities team were on hand to answer questions.
The free shuttle bus that operates between Scarborough and Bridlington Hospitals will no longer operate from Monday 18 July 2016 onwards. The bus has previously been funded by Scarborough and Ryedale Clinical Commissioning Group, however they have taken the decision that they can no longer fund the service, as to do so would mean diverting funds away from patient care. For some patients, traveling to hospital for appointments can be difficult. Some patients are eligible for ambulance transport, and for those who are not there are several organisations locally that provide transport support. Please direct patients and visitors to our website if they require more information about local travel options - www.york.nhs.uk/travel.

**Free CPR sessions for FT members**

The Trust has launched Medicine for Members, a series of exclusive talks and events for its members which are automatically open to staff. The first event is a basic CPR training session which will take place on a number of dates over the coming year at Scarborough and York Hospitals. Cardiopulmonary resuscitation or CPR is a lifesaving technique useful in many emergencies in which someone’s breathing or heartbeat has stopped.

Lynda Provins, Membership and Governor Manager, explained: “As a new benefit for our membership community. “The sessions, which will be run by our trained staff, will take place at York and Scarborough Hospitals. They will give a basic overview of both adult and paediatric CPR covering basic understanding, choking and how to use an Automated External Defibrillator (AED). “Places are limited and will be allocated on a first come first served basis. If the sessions prove popular we will look at putting on additional dates.”

The first sessions take place on Wednesday 4 May at York Hospital and 18 May at Scarborough Hospital. Anyone interested in attending one of these free sessions can sign up to attend on the Trust website – www.york.nhs.uk/memberevents.

**Lesson in dental care**

The Head and Neck outpatients department at York Hospital had some very special visitors recently when a group of Beaver Scouts were given a glimpse behind the scenes. The Beaver Scouts from 2nd Haxby and Wigginton Scout group were welcomed into the department for an after-hours unique learning opportunity. Kirsty Bottomley, Deputy Sister who arranged the visit said: “The group had a great time finding out more about what we do in the department. “They were shown how to care for their teeth by two of our dental nurses – Jackie Brown and Gemma Higgs. The beavers had great fun staining their teeth and attempting to remove it! “They were also given a lesson in caring for their ears by one of our Healthcare Assistants Sharon Rhodes and they got to look through a microscope at ear wax which they all found fascinating.”

The group were presented with a goody bag containing toothpaste, stickers and colouring pictures and given a certificate of attendance.
Pensions update
Automatic re-enrolment

What is happening?
If you are not currently paying into a workplace pension scheme (the NHS Pension Scheme or NEST Scheme) then we may be re-enrolling you into a pension in May 2016.

Why is the Trust doing this?
Under the Pensions Act 2008, by law every employer must place all qualifying staff into a pension scheme and make contributions towards it. Every three years employers are then required to review all their employees and if they are eligible must place them back into a pension scheme, even if they have previously opted-out. The Trust first implemented Automatic Enrolment in July 2013, and therefore we are now due to undergo our three year review. Automatic Re-Enrolment will take place in May 2016.

Who will be affected?
If you do not currently contribute to a workplace pension you are likely to be re-enrolled into a pension scheme if you meet all of the following criteria:
- You previously opted-out of a pension scheme before May 2015 (as we are not required to re-enrol staff who have opted-out within the last 12 months)
- Your monthly earnings exceed £833 (weekly equivalent £192)
- You are between age 22 and your State Pension Age

We will be writing to all staff who are being enrolled to confirm this action after the initial processing of the May 2016 salaries. Unfortunately it is not possible to provide advance notice of re-enrolment.

What do I need to do?
If the time is right for you to start saving towards your retirement and you are enrolled then you do not need to take any further action, we will start deducting pension contributions from your salary and the Trust will be making contributions towards your pension as well.

If you still do not want to be a member of a workplace pension scheme then you will need to opt-out again following re-enrolment. Details of how to opt-out will be included in the letters sent out to enrolled staff.

Please note that if you do not currently meet the criteria for Automatic Re-Enrolment but you do want to start contributing to a pension then you can voluntarily opt-in at any time, please contact one of the Trust’s Pensions Officers to discuss.

Where can I find further information?
For general information about workplace pensions please visit www.gov.uk/workplace-pensions

For more specific queries please contact one of the Trust’s Pensions Officers:
- Peter Haswell peter.haswell@york.nhs.uk 01904 72 5196
- Steve Purdy, steve.purdy@york.nhs.uk 01723 34 2242

Team shares good practice at conference

The Practice Education Team, who support non-medical undergraduate healthcare professional students allocated to the Trust, has been sharing their examples of good practice with colleagues at a national conference.

The team presented information on their success in providing student surgeries and gaining student feedback which is key to providing the right support for students.

Janette Whalley, Practice Education Team Coordinator, explained: “With the surgeries we wanted to provide an informal opportunity for students to bring their issues face to face with Practice Education Facilitators as well as creating a student voice within the organisation. “It also offers the students the chance to find out about any learning opportunities to be held during their placement such as substance misuse sessions or IT processes and helps with student evaluation by encouraging them to complete questionnaires at the end of the placement.

“We hold at least two surgeries per year at York and Scarborough Hospitals, plus bespoke sessions for stage 1 first placement students and last placement stage 3 students. This is where they can meet relevant senior staff within the organisation and look at recruitment opportunities.”

The team also use a website that captures feedback from mentors and students and is used to develop the placement areas to support the quality of learning. Janette, along with colleague Practice Education Facilitator Amanda Horrocks, presented posters at the Annual RCN Education Forum and International Conference in March.

Trust says farewell to community teams

This month the Health Visiting Teams along with School Health were transferred over into the City of York Council as the Healthy Child Services 0-19.

The teams will continue their work across a number of services, agencies and organisations to deliver the national Healthy Child Programme 0-19 which is offered to all children, families and young people resident in York.

The service will continue to work as specialist community public health nursing teams. Information sharing and integrated working, will continue with all agencies and the teams’ continued partnership working with the Trust is essential in supporting improvements for breast feeding rates, safeguarding and the evidence based child health and wellbeing outcomes advocated by Public Health England and City of York Council.

0-19 Healthy Child Service look forward to future partnership working with the York Teaching Hospital, partner agencies and colleagues in City of York Council to enable every child to have the best start in life and support young people to make healthier life choices.
**Better accessibility for Employee Online (EOL)**

The Employee Online (EOL) system, which allows staff to book leave and shifts online, is now accessible from outside of the Trust's computer network.

Both substantive and bank staff can now access the system from a personal computer, tablet or mobile phone in addition to the current EOL access from a computer within the Trust.

Substantive staff can request days off, view annual leave entitlement and remaining balance and request annual leave and study time and see the approval status.

People can also access current and future approved rosters to view off duty, including bank duties and view approved enhancements for the forthcoming and historical pay period.

Staff with a bank contract can view bank bookings and book shifts, log bank availability and view approved enhancements for the forthcoming and historical pay period.

To download instructions go to Staff Room/HR and Recruitment/EOL(Employee online). It is only available to staff who have MS Windows username and password.

Anyone without a Windows log on should contact Service Desk on 772 5000 or email servicedesk@york.nhs.uk.

This access does not replace local ward agreements for booking annual leave and study leave therefore local booking processes will still apply. All bookings for bank work must remain in line with the Bank Reliability Process attached and all cancellations should be made through the Nurse Bank team, York – 01723 385343 or Scarborough – 01723 23630.

**Historic change to improve nursing**

REVALIDATION for all nurses and midwives in the UK came into effect on 1 April.

The introduction of revalidation is the most significant change to the regulation of nurses and midwives in a generation and will mean that everyone on the NMC’s register will have to demonstrate on a regular basis that they are able to deliver care in a safe, effective and professional way.

The new system is aimed at both improving patient safety and the quality of care that nurses and midwives provide to patients. This fulfils a key recommendation from the Francis report into the failings at Mid–Staffordshire Hospital NHS Foundation Trust.

To remain practising, nurses and midwives will have to show that they are staying up to date in their professional practice and living the values of their professional code by seeking feedback from patients and colleagues and engaging in a regular process of reflection, learning and improvement.

Sharon Addiey, Deputy Directorate Manager for Child Health at Scarborough Hospital is one of the first nurses in the Trust to revalidate.

Sharon said: “I found it really easy to do - the guide that the Trust has produced on the Learning Hub clarifies the process that nurses need to follow in order to achieve revalidation.

“In my experience, the revalidation section on the NMC website is also well worded and very easy to follow. I would be more than happy to offer guidance to any nurse that might need support.”

**Hospital saves unique service**

A British Red Cross volunteer service which has provided help and support to cancer patients at York Hospital for the past seven years has been saved from closure after the hospital's own volunteering service stepped in.

The volunteers provide a valuable therapy service to patients attending the oncology and haematology departments at the hospital by offering hand, arm and shoulder massage. The service came under threat after the British Red Cross had to reduce resources.

Kay Gamble, Deputy Lead for Patient Experience for the Trust, said: “We are delighted that the therapy volunteers have agreed to become hospital volunteers and we can retain this unique service. They put in many hours of valuable time offering support and make a big difference to patients when they are nervous and tense and don’t know what to expect.”

Their ‘hands on’ approach helps people undergoing chemotherapy who often have to sit for several hours which can make them feel stiff, and they also help the friends and family of patients who can be almost as stressed as the patient undergoing treatment.

Volunteer Carol Burns said: “I really value the opportunity to offer a massage to people coming into the cancer care unit. The shoulder and neck massage is good for creating some warmth in the muscles and eases some of the tension to help them relax. Providing hand and arm massage can be very soothing and is a good time to chat – listening and talking gives people the chance to voice concerns.

“I’m pleased that York Trust is taking over from the British Red Cross and that we can continue to support both patients and their carers in this way.”

Colette Kemp, British Red Cross Service Manager, said: “It’s been a pleasure to have these remarkable ladies as part of our volunteer service over the last seven years and it’s great news that they are able to carry on the good work.”

Anyone interested in volunteering at York Hospital should contact 01904 724520 or email sarah.patten@york.nhs.uk.

To find out more about volunteering for the British Red Cross contact 01609 772186.
Staff Benefits have linked up with two new clinics to offer a subsidised foot service in York and Scarborough with a trained podiatrist. Podiatrists are health care professionals who are qualified to prevent, diagnose, treat and rehabilitate abnormal conditions of the feet and lower limbs. They also prevent and correct deformity, keep people mobile and active, relieve pain and treat infections.

The two new clinics offer a more flexible and valued service for staff and replace the 20 year agreement with the podiatry foot service at White Cross Court. Staff Benefits will subsidise £9 from the Staff Lottery Fund which means that staff will only pay £15 for their treatment with a podiatrist at York Foot Clinic and £17 at Sole Care in Scarborough. This amount would need to be paid on the day of the appointment at the clinic.

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Staff Benefits and Wellbeing Fairs extended

This year Staff Benefits are changing the way they hold the wellbeing fairs to offer more choice to more staff. Events will be held in York and Scarborough where staff can find out first-hand what great benefits are available from local companies and find out more about what the Trust offers their valued employees.

In York staff are invited to come along each day over a week, with a different theme each day. This starts on Monday 13 June until Friday 17 June outside Ellerby’s Restaurant, York Hospital from 10am until 2pm each day.

- Monday 13: Health and Fitness
- Tuesday 14: House and Home
- Wednesday 15: Food
- Thursday 16: Financial Awareness
- Friday 17: Leisure Activities

At Scarborough Hospital all will take place on one day between 10am and 2pm on Wednesday 20 July. It will include health and fitness, house and home, food, and leisure activities.

NOMINATIONS for the Trust’s annual awards ceremony, the Celebration of Achievement Awards, opened in March and are coming in thick and fast. Now is the time to see your special colleagues get the recognition they deserve for going above and beyond. Just fill in a nomination online – there are eight categories – and give your colleagues the chance to shine. What’s more, if the nomination goes through to the final, the person who nominates also receives an invitation to this year’s glittering event to be held at York Racecourse in October.

Voting closes on Thursday 26 May 2016. Help us celebrate the fantastic work that takes place across our Trust.
According to the Health and Safety Executive, in 2014/15, 440,000 people in the UK reported work-related stress at a level they believed was making them ill. That’s 40 percent of all work-related illness.

With stress and mental ill health becoming ever-increasing factors affecting people’s wellbeing, the Trust has created a new Mental Health Working Group led by the staff Psychological Wellbeing Team to increase awareness and understanding of psychological wellbeing.

The group is led by Clinical Psychologist Elaine Middleton, lead for Psychological Wellbeing within the Occupational Health and Wellbeing Service. Elaine sees staff who are referred to her through Occupational Health and offers one to one therapy.

Elaine explained: “I have worked in the NHS for many years as a clinical psychologist, mainly doing therapy with adults who experience mental ill health. Working in healthcare brings so many challenges and can be very stressful so it is very important that we take care of our most important asset – our staff. Helping staff in an NHS hospital trust is a great privilege for me. I am proud of the great work that our staff do and I know that helping staff recover their health also ultimately helps patients.”

“I know from my work that stress and mental ill health can affect absolutely anyone. I have had close family members who have suffered from serious mental ill health and sometimes this has been stressful for me. I have found it very helpful to talk things through with a counsellor at these times.

“I am chairing the Mental Health Working Group and am very pleased that staff psychological wellbeing is firmly on the Trust’s agenda. As well as developing a range of ways of helping when things are going wrong for individuals and teams, we are also proposing to do things that help to create a healthy workplace.”

The group is made up of individuals from Organisational Development and Improvement Learning (ODIL), and HR and Occupational Health who are all committed to getting people to talk openly and compassionately about mental ill health. All recognise the fact that it is everybody’s issue and is just as important as physical ill health.

Meet the Mental Health Working Group

Zoe Nicholl, ODIL:
“My role enables me to meet people across the Trust and I know that we have great staff. I am proud to be a part of the work of the Mental Health Group.

“I have suffered with depression and I know how important having good support can be; both within and outside of work.

“It is important to me that we can continue to develop the resources we already have across the Trust to ensure the best support for staff and that it is accessible to anyone who needs it.”

Gail Dunning, Acting Deputy Director-OD:
“I’ve worked in the organisation for 33 years and have had a number of roles including being a nurse, ward sister, midwife, nurse manager, specialist nurse and most recently a coach, mentor, organisational development practitioner and senior manager.

“Within my career and from a personal level, I have seen first-hand over many years the effects stress and mental illness can have on colleagues, friends and family. I am committed to supporting the organisation to be more proactive rather than reactive in supporting the well-being and resilience of people working here, our biggest asset.”

Vicki Mallows, Employee Relations and Engagement Manager:
“Part of my role is to look at how we can manage HR issues differently and as a member of this group I look at how we can best support staff’s mental wellbeing at the same time.”

Carol Dickinson, Health Promotion Adviser:
“Health Promotion is more about promoting wellness than about managing poor health.

“To do this, we need to work together, pool resources, knowledge and experience to support staff health and wellbeing across the Trust, and being part of this group is about doing just that.”

Facts

- Number of employees who were signed off work in the Trust because of anxiety, stress, depression or other psychiatric illness over the past year Jan 15 to Feb 16 = 629
- Total number of days lost due to absences between Feb 2015 and Jan 2016 = 21,487
- Proportion of total sickness absence days attributable to stress or other psychiatric illness Feb 2015 to Jan 2016 = 20.1 percent
A NEW computer programme that analyses the nutritional value of recipes, meals and menus is set to have a wide ranging impact on the Trust.

The Diet Plan 7 nutritional assessment package has been installed at York and Scarborough Hospitals thanks to funding from the York Teaching Hospitals Charity.

The new high tech approach makes it much easier for the Trust to meet requirements set by the Department of Health which state that patient and hospital restaurant menus must be analysed to ensure that food provided meets national nutritional standards.

Berenice Carter, Professional Lead Nutrition and Dietetics, explained: “The nutritional information obtained from using Dietplan 7 has benefits for both patients and staff.

“Patients can be assured that the meals they are provided with meet national nutritional standards and it will help the Trust to meet CQC requirements, as well as other national audit standards.

“An added benefit is that we will be able to use Dietplan to nutritionally analyse all food and drink provided in the Trust restaurants.

“This will mean staff and visitors will be able to make informed choices as to the nutritional content of food.

“It will help us meet the healthy eating principles specified in the national Healthy Workforce programme where the Trust has pledged to increase staff wellbeing.”

The OCCUPATIONAL Health and Wellbeing Service has successfully re-achieved Safe, Effective, Quality Occupational Health Service (SEQOHS) accreditation from the Royal College of Physicians.

SEQOHS is a set of standards and a voluntary accreditation scheme for occupational health services in the UK and beyond. It is the formal recognition that an occupational health service provider has demonstrated the competence to deliver against the measures in the SEQOHS standards.

Karen O’Connell, Operations Lead for Occupational Health and Wellbeing said: “It is testament to the hard work and professionalism demonstrated by all the team that we have once again been able to maintain and prove ourselves against the stringent standards that are set.”

The scheme is managed by the Royal College of Physicians of London on behalf of the Faculty of Occupational Medicine.
**Fundraising**

**More information**
For more information or to support an appeal please contact the fundraising team at charity.fundraising@york.nhs.uk

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**Stroke funds month**

MAY is the Stroke Association’s annual stroke awareness month during which the Stroke Rehab team will be raising funds for the Ward 39 and the Stroke Association.

Look out for their raffle and other fundraising and awareness events throughout May.

Last year the team raised a whopping £1,700 with £850 going to Ward 39 and £850 to the Stroke Association.

Please support them to make 2016 even more successful.

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**Second-hand books are welcome**

FOLLOWING a successful day fundraising at St Crux in York we are in need of books, in particular crime and murder mysteries for our next fundraising stall.

Please drop any books at the Fundraising Hub in York Hospital or contact the team on 01904 724521.

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**Lush treats for York Hospital wards**

LUSH Handmade Cosmetics in York kindly donated products to give to staff on Ward 17, Ward 18 and the Special Care Baby Unit at York Hospital to thank them for all of their hard work. The products included hand creams, bubble bars, soaps and shampoos.

Pictured are Nursery Nurse Lynda Robson, Deputy Sister Bridget Wilson, Paediatrics SHO, Lauren Roberts and Staff Nurse Claire Kilmartin.

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**We’re still looking for runners**

WHY not pull on your running shoes and make the most of the lighter evenings and the warmer weather?

For an extra incentive you could set yourself the challenge of running the Great North Run or the York 10k. York Teaching Hospital Charity still has places in the Great North Run available.

Don’t forget you can raise money for your own ward or department or one that has special meaning to you. Contact Maria on 01904 724521 for more information.

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**New donation envelopes**

LOOK out for our new York Teaching Hospital Charity donation envelopes which will be making their way on to wards and into departments at the end of April.

The envelopes include all the information patients and their families need to make a donation to your ward or department. The envelopes can be handed in to cashiers or posted into the Charity donation points. All donations will be thanked by the fundraising team and the donation transferred your ward or department’s fund.

Don’t forget to access your department or ward’s funds you need to complete a charity application form (available from the Fundraising Team) and submit it for approval by your service manager before sending to Finance.

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