A groundbreaking DVD to support those living with and beyond a cancer diagnosis has been produced by the Trust to help patients get the support they need.

The DVD, launched this month, is based directly on the award winning events held over the last three years looking at how ongoing services and support for cancer could be improved.

Jane Archer, Cancer Care Centre Manager, played a key role in bringing the content of the events onto DVD.

Jane said: “It was quite a challenge to put the different subjects onto film but we had a clear vision about what we needed and we had a wonderful set of local experts who had already proved how much they could help people.

“Often people feel very alone.

Continued on page 2
People are being warned not to let sunburn catch them out this summer as our skin cancer nurses promoted ‘Sun Awareness Week’ this May. York Hospital also brightened the skies every night with yellow lights from the rooftop.

Lucy Skelton, a Macmillan Skin Cancer Clinical Nurse Specialist at York Hospital, explained: “Skin cancer is a growing problem, it is the most common cancer in the UK and over 80 percent of all skin cancers are caused by over exposure to the sun or sun beds. More people die from skin cancer in the UK than in Australia.

“Melanoma, the most deadly skin cancer, is now one of the most common cancers in adults aged 15-34 in the UK, and every day two adults are diagnosed with it. Ultraviolet (UV) light from the sun is the main environmental cause of skin cancers and sun bed use increases the risk of developing some skin cancers.

“Rates of skin cancer are increasing faster than any other cancer, with figures doubling every 10 to 20 years but it is also the easiest cancer to cure if it is diagnosed and treated early. We want to encourage people to regularly self-examine.”

Tips on being Sun Smart

- Know your skin type - the fairer the skin, the more careful you need to be
- Wear at least factor 30 sunscreen to protect your skin
- Spend time in the shade between 11am and 3pm
- Wear long sleeved clothing if possible
- Cover up with a T-shirt, hat and sunglasses - when the sun is at its strongest, sunscreen is not enough
- Take extra care with children
- Avoid sunbed use
- Report unusual moles or skin changes to your doctor.

DVD support for cancer patients

Continued from page 1

through the experience of cancer diagnosis and treatment and it’s vital that those living with and beyond cancer get the support they need to lead as healthy and active a life as possible.”

Patients and their supporters can all benefit from watching the DVD, aptly named ‘Living Well with Cancer’. It comprises a set of short films covering fear of recurrence, coping with worry, fatigue, diet, relationship concerns and how to pick the right level of exercise and plan for the future.

Christine Norris, Lead Cancer Manager for the Trust, said: “People need help in so many ways - medical, social, psychological, spiritual, financial and informational needs.

“We found experts who could provide the information that really helps people. We have transferred this to DVD and we are delighted with the result.”

The DVD supports a new national strategy launched last year aimed at understanding what issues are important to those who have survived. It will be distributed to patients under the care of the Trust as part of a holistic needs assessment toward the end of treatment.

Become an energy champion

EAST Riding of Yorkshire Council is seeking energy champions following £100,000 of government funding.

Over the next year increased assistance is being offered to the most vulnerable who are suffering the effects of living in a cold home because they don’t have insulation or heating. Key health workers are being asked to become energy champions in order to increase the number of referrals received.

For more information contact Jane Mears, East Riding Health Through Warmth co-ordinator on 01482 396 278 or visit www.healththroughwarmth.com

Star Award winners

CONGRATULATIONS to Hannah Liddell, Community Staff Nurse and the whole team at Acomb Health Centre in York, who were nominated by a colleague following a letter from a patient’s family. Hannah and the team showed outstanding care and support to a terminally ill patient and his family, at home during his last few days.

They were praised for being calm, professional and offering reassurance. Hannah visited repeatedly, and on one occasion stayed with the patient for two hours after her shift had finished. The letter described Hannah as ‘a credit to the NHS and herself’ and that they would remember the team with gratitude.

If you want to nominate someone for the Star Award, please complete a nomination form and return it to the events team. To vote for your favourite nomination or download a nomination form visit Star Award on Staff Room.

Winners: Gill Thornham, Helen Wood, Andrea Allan, Frances Bowser, Tracey Henry, Helen Lane and Jackie Wilson
Focus on Stroke

Purple patch for Stroke Month

To celebrate Action on Stroke Month, staff from York Hospital ‘planted purple’ to raise awareness and raise funds to help prevent stroke and ensure people make the best recovery.

Staff from the stroke unit at York Hospital asked volunteers to plant purple flowers in the hospital courtyard to mark the occasion.

Rowan Sandell, Staff Nurse for elderly medicine, said: “We wanted to celebrate the amazing work that goes on in the hospital to help people recover from stroke. It’s very rewarding to see how people’s lives are turned around with the help of our staff and therapists in the stroke unit. The staff will always go the extra mile and the difference you see in patients by the time they leave is amazing.”

As well as planting purple, staff held a raffle and sold purple loom bands to raise funds for the stroke unit and stroke research. Rowan added: “We would really like to thank all the local businesses who have donated plants and prizes and everyone who has supported us.”

York Hospital also turned their roof lights purple for a week to mark the occasion.

New team in Scarborough and Ryedale

A new service has been introduced at Scarborough Hospital for stroke patients in Scarborough and Ryedale.

The Community Stroke Discharge Team provides discharge support and ongoing specialist rehabilitation for patients in the Scarborough and Ryedale community. This not only helps to improve the transition from hospital to home for patients, but can also allow patients to return home sooner with the support of the specialist team who offer therapy input seven days a week.

Sandra van der Kooij, Allied Health Professional Senior Manager, explained: “We are pleased to have launched this new service to help stroke patients in their own home. “Patients who are discharged under the care of the Community Stroke Discharge Team will continue to receive the same intensity of therapy at home that they would have received if they were still in hospital. “As well as a reduction in the length of hospital stay, benefits for patients include more patient-centered care which is delivered within their home environment. This can lead to improvements in long term recovery and independence in daily activities.

“The service was launched on 1 April, following the success of a pilot service for stroke patients in York and feedback from patients has already been extremely positive.”

The multi-disciplinary team is led by Deborah Iordache (AHP Therapy Lead) and is based in the Haworth unit in Scarborough Hospital. It is made up of physiotherapists, occupational therapists, a dietician and stroke rehabilitation assistants. Speech and language therapy and nursing input are to also be appointed to the team.

The service has been commissioned by NHS Scarborough and Ryedale CCG and is available to patients with a Scarborough and Ryedale GP.
**Hospital careers day for local students**

Pupils from a local York school were given a taste of the many career opportunities available in the NHS at a recent visit to York Hospital.

A group of 45 year nine students from Joseph Rowntree School enjoyed sessions from a wide variety of staff who talked about their careers and roles. There were also practical workshops, tours of hospital departments and poster displays and quizzes.

Hilary Campbell, Lead Research Nurse, and Chris Davey, Research Advisor, organised the day on behalf of the Trust to highlight the many vocational careers available.

Hilary said: “We wanted to show that there are so many more careers in the NHS outside of the more traditional nursing and medical careers. There are many vocational careers and other ways to gain experience and training through the Trust, particularly when university is not an option.

“The students seemed to have a great time and the feedback was very positive. One of the best responses came from a young man who has no idea what he wants to do as a career and did not want to go to university, but following a brilliant talk and tour from Graham Davies from Estates said ‘I think I can do a job like this.’

“A big thank you to all staff who willingly gave up their time to take part in the event which was a big success. We are hoping to hold further events for other local schools.”

Staff were involved from roles including therapies, pharmacy, finance, estates, purchasing and catering as well as laboratories, theatres, finance and purchasing.

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**Inaugural safety conference held**

OVER 250 staff, from all roles and responsibilities across the Trust, will be attending the inaugural Patient Safety Conference which takes place at York Racecourse on Friday 22 May 2015.

The conference which is entitled ‘Patient Safety: The Next Frontier’ is being chaired by the Trust’s Medical Director Alastair Turnbull and Chief Executive Patrick Crowley.

Alastair Turnbull, Medical Director, said: “Sign up to Safety is a national patient safety campaign. Launched in June 2014 its mission is to strengthen patient safety in the NHS and make it the safest healthcare system in the world.

“Organisations who Sign up to Safety commit to strengthen patient safety by setting out the actions they will undertake in response to five pledges, one of which is learning and listening.

“This event gives us the opportunity to listen and learn. It will give our staff, who all work in different roles, the opportunity to hear about the fantastic work that is taking place to improve patient safety as well as what we need to do in the future to continue to reduce harm for our patients.”

Staff will be exhibiting posters at the event to showcase their work and improvements in this area and awards will be made on the day.

To find out who the winners were and for a round up and photographs see next month’s **Staff Matters**.
Lewis is Apprentice of the Year

CONGRATULATIONS to Lewis Goldsmith who has been awarded York College Apprentice of the Year.

Lewis is an apprentice maintenance electrician and is in the third year of his apprenticeship.

Graham Davies, Maintenance Engineer at York Hospital, said: “We are really proud of Lewis, he has worked very hard for his qualification. Our apprentices are highly trained for specialist roles and it’s the second time a Trust apprentice has won this title.”

YorSexualHealth new service set to launch

The new integrated sexual health service across North Yorkshire and York provided by the Trust will commence on the 1 July and will retain the name YorSexualHealth.

One advantage of the new service will be the introduction of ‘one stop shop’ clinics providing contraception, STI tests and treatments for all ages. This means that in most cases people will be able to have all their sexual health needs met by one practitioner without the need for onward referral.

Liz Hare from YorSexualHealth said: “We are improving access to services by creating YorSexualHealth community clinics and targeted satellite clinics in Northallerton, Harrogate, Scarborough, Selby and York.

“We are working in partnership with several groups to maximise access and choice for people in North Yorkshire. These include GP Alliances, AIDS Action to provide services for people living with HIV, and Yorkshire MESMAC to provide community outreach services as part of the new integrated service.”

The service will continue to offer provision for military personnel and will also deliver services in healthcare settings such as GP surgeries. There will also be the opportunity to have a consultation via ‘virtual clinics’ including telephone consultations and postal treatments.

Benefits of the new service for staff will include better training and support to professionals. The team will provide a new sexual health training service offering clinical leadership and advice. An improved YorSexualHealth website will also offer a dedicated online resource for professionals.

Over the next few months the Trust will be working with North Yorkshire County Council and City of York Council on implementing the new service.

If you have any queries regarding the new YorSexualHealth service please email yorsexualhealth@york.nhs.uk or visit www.yorsexualhealth.org.uk/professionals

Dedication to memorial

THE TRUST has created dedicated areas within our hospitals to remember and celebrate the lives of members of staff who have died in service. These new areas will add to the ‘Pillars Of Reflection’ courtyard at York Hospital.

Artist Matt Coe was commissioned to create four sculptural artworks. A ‘Tree of Life’ each for Scarborough and Bridlington Hospitals, a wall mounted ‘Weeping Willow’ for Selby Hospital and a ‘Tree of Life’ wall sculpture for Malton Hospital.

A blessing led by hospital chaplain the Reverend Martin Doe will be held on 2 July from 10-11am in Scarborough and 1-2pm in Bridlington. Family and work colleagues will be invited.

Additional names will be added as teams within the Trust request a lasting memorial to a valued colleague.

New courses on Learning Hub

BUILDING on the success of Learning Hub, new courses are now being added in addition to the corporate statutory and mandatory profiles.

Courses are now available in a range of clinical skills, human resources, diabetes, infection prevention, fire safety, manual handling, medical devices, risk management, safeguarding adults and support staff learning.

These courses can be accessed via the ‘Find Courses’ tab. Managers will be asked to approve requests via email. An email will be sent out to either confirm or decline the booking. There is no need to complete a fast track learning leave form if bookings are made via Learning Hub.

For more information on courses see Staff Room.
Charging regulations for overseas visitors

THE DEPARTMENT of Health has recently reviewed the charging regulations regarding overseas visitors.

Legislation which came into effect on 6 April means that nationals from outside the European Economic Area (EEA) coming to the UK for longer than six months will now be required to pay a ‘health surcharge’ when they make their immigration application. It will also be paid by non-EEA nationals already in the UK who apply to extend their stay. The surcharge will go towards the cost of any NHS care and will entitle them to receive free NHS care during their stay.

Non-EEA nationals visiting the UK on a tourist visa will not pay the health surcharge, but will continue to be fully liable for the costs of any NHS treatment at the point they receive it.

Alongside the introduction of the health surcharge, non-EEA visitors who use the NHS will now be charged 150 percent of the cost of their treatment (to be shared with the CCG). This means that for a £100 procedure, they will be billed £150. This reflects the additional cost incurred to NHS Trusts for managing the administration for overseas visitors for both York and Scarborough Hospital, following the retirement of Janice Wright at York.

National Volunteers Week

The Trust will be participating in National Volunteers Week on 1-7 June. This is an opportunity to celebrate and thank the wonderful volunteers from across the organisation and to encourage more people to get involved with volunteering in our hospitals.

Do you have a question about volunteering? Come and speak to Jess or Hannah from the volunteering team on Wednesday 3 June from 10am – 2pm at the display stands in the main entrance at York Hospital and near the main entrance at Scarborough Hospital.

Other events will be taking place across the week. To find out more or to discuss volunteering roles for your department contact Jess Munday in York on 772 4520, Jess.Munday@york.nhs.uk or Hannah Rossington in Scarborough on 771 5244, Hannah.Rossington@york.nhs.uk. The Trust Volunteer Service in York has now moved to the new York Teaching Hospital Charity office in the main foyer.

Trust supporting 2015 Carers Week

Carers Week is an annual campaign to raise awareness of caring, highlighting the challenges carers face and to recognise the contribution they make to families and communities throughout the UK.

This year it takes place between 8 and 14 June and the focus is building Carer Friendly Communities, communities which support carers to look after their loved ones well while recognising that they are individuals with needs of their own.

The Trust’s Carers Week pledge is to support staff with caring responsibilities through events designed to raise awareness, signpost staff to support available locally, and to the Trust’s dedicated Eldercare package.

Throughout Carers Week there will be information stands in York, Scarborough, Selby, Bridlington and Whitby as well as guest speakers from Time4care, the York Carer’s Centre and Age UK. Look out for details of events on Staff Room.

Carers emergency card scheme

CARERS in York are able to join a scheme in case they are taken ill or have an accident or an emergency.

The free scheme is a partnership between York Carers Centre and ‘Be Independent’ (formerly warden call service) and involves an emergency card that they keep with them at all times. In an emergency anyone who finds this card can contact ‘Be Independent’ using the emergency number on the card. Staff at ‘Be Independent’ will look up the carer’s details and contact their emergency contacts if appropriate.

To find out more call 01904 715490 or email card@yorkcarescentre.co.uk.
Staff at York Hospital held a week of activities to celebrate the fourth NHS Equality, Diversity and Human Rights Week from 11 to 15 May.

The week was organised to highlight the ongoing work in the Trust to ensure that it meets the diverse needs of the local population.

A stand in the foyer of the hospital displayed posters and information about a variety of issues such as mental wellbeing, counselling services, and how the Trust values reflect diversity and human rights.

The Trust’s Fairness Champions, members of staff who promote fairness and respect for everyone, were on hand near the staff dining room to raise awareness of their role. They act as a point of contact for information, advice and guidance which is confidential, impartial and non-judgmental and can help people raise concerns and challenge behaviour.

The Staff Benefits and Wellbeing team were also about to promote Walk to Work Week and Mental Health Awareness Week.

Margaret Milburn, Equality and Diversity Facilitator for the Trust, said: “It is a chance for NHS organisations across the country to show how they make equality part of everything they do - improving the quality of services for patients and the working lives of staff.”

“The week is about ensuring we are all included and everyone counts. We want to see that everyone has the opportunity to fulfil their potential and is treated fairly, with dignity and with respect.

“The theme this year is ‘linking our thinking’ and we are focusing on ways we can improve wellbeing for staff. We have ‘walk to work week’ to promote walking for health, and we are highlighting Trust initiatives to improve mental health wellbeing for staff.”

Staff were given facts about mental health and ways to prevent some mental health problems with exercise. There was also information available signposting Trust staff towards support for mental wellbeing.

The Trust’s Equality and Diversity Team can be contacted on 01904 726633.

SCARBOROUGH Hospital is appealing for keen knitters to get involved in a new scheme to help patients with dementia.

The project, which was launched ahead of Dementia Awareness Week, aims to create knitted inventions called ‘Twiddlemuffs’ which will be given out to patients with dementia.

The knitted bands feature trimmings such as buttons, beads, ribbons and textured fabrics on both the inside and the outside. They will be given to patients with dementia who find that twiddling with the materials and the soft fabric of the wool help provides distraction and stimulation.

Twiddlemuffs were first introduced at Warrington and Halton trust and the idea has since been adopted by other hospital Trusts across the country.

Emma Day, Assistant Director of Nursing at Scarborough Hospital, said: “We heard about this project from our dementia support worker and we were keen to give it a go here at Scarborough Hospital.

“Often dementia patients can feel restless and agitated - Twiddlemuffs are designed to not only keep their hands busy but help stimulate their mind. They provide a source of visual, tactile and sensory stimulation at the same time as keeping patient’s hands cosy and warm.

“We know that there are lots of keen knitters in the local community. We are appealing to them to put their skills to good use, print off our easy pattern and to get knitting!

“The Twiddlemuffs will be given out to patients with dementia who will be able to take them home with them. We are hoping that the Twiddlemuffs project will become a permanent part of the wide range of work we are doing to support our patients with dementia.”

The Trust is working to make its hospitals as dementia-friendly as possible and is working towards training 3,000 staff to become Dementia Friends, through attending a Dementia Friends Awareness Course.

To get involved in this project, you can download a copy of the Twiddlemuff pattern on the Trust’s website www.york.nhs.uk/twiddlemuffs

Please send your completed Twiddlemuffs to Emma Day, Assistant Director of Nursing at Scarborough Hospital.

The Anne Wright Ward promoting Twiddlemuffs for patients with hospital staff Virginia Smith, Helen Williams, Emma Day, June Allanson, Sue Boulton and Sophie Conlon. Picture courtesy of Scarborough News
STAFF BENEFITS AND WELLBEING

A regular section provided directly to you by the Staff Benefits and Wellbeing Team where you can read more about the benefits that you are entitled to as an employee and how we support the wellbeing of our staff. For more information go to the staff benefits website www.york.nhs.uk/staff and enter the password staffbenefits1 or call 772 1170 or 771 5262.
Follow Staff Benefits: Twitter @YHstaffbenefits StaffBenefitsYHFT

New education bursary

AN ANNUAL bursary supported by York Teaching Hospital Charity has been launched and all staff looking to enhance their education and learning are eligible to apply.
Applications should be completed by 30 June. Successful candidates will be announced at the Celebration of Achievement Award Ceremony on 1 October 2015.
The learning opportunity can be either formal such as a qualification or experiential learning where an individual goes to spend time at another organisation, including overseas, learning from best practice or shadowing.
The individual must have worked for the Trust for a minimum of two years.
Sue Holden, Director of Workforce and Organisational Development, said: “Learning and education are life enriching and leave a legacy from which others benefit. This bursary will give one individual every year the opportunity to access educational opportunities which they would not otherwise have the resources for.”
Further information and support sessions to advise and help with the completion of the application will take place in the Hub at York Hospital and the Green Room at Scarborough Hospital. Dates and details can be found on the Staff Benefits pages on the Trust website.
If people are unable to attend the support sessions but would like to apply, please contact Helen Hardwick on 7721170.

Active Workplace of the Year

CONGRATULATIONS to everyone involved in winning the ‘Active Workplace of the Year’ in the Active York Sports Awards 2015.
The winning bid highlighted the wide range of activities provided by the Trust, and the many ways people could get involved in sports, walking, choir and fundraising challenges.

Staff at the awards ceremony
(Picture courtesy of York Press)

Staff Benefits and Wellbeing fairs

JOIN us at the Staff Benefits and Wellbeing fairs at York and Scarborough Hospitals

Even bigger than last year, the Staff Benefits fairs give staff the opportunity to become aware of the many voluntary benefits we offer to help improve staff health and wellbeing.
Two fun and interactive fairs will be held at York and Scarborough Hospitals to showcase these benefits.
The events will take place on Wednesday 17 June outside Park House, York Hospital and Wednesday 8 July at Scarborough Hospital.
Both are open between 10am and 3pm and will feature lots of stalls where staff can find out more about the benefits on offer.
Attendees will receive a goody bag and free entry to a prize draw to win a fabulous range of prizes donated by local companies. Bags are limited so first come first served.

Stalls on the day include:
- Have a go at hoop fitness
- A range of products from the Home Technology Scheme
- Financial Awareness - will writing, moving home and family law
- A look into the theatres programmes
- Health cash plans- Simply Health and BHSF
- Taster massage and therapies
- Health clubs and local fitness programmes
- Cyclescheme and what’s on offer from your local cycle shops
- Free online wellness website and app
- Men’s health
Plus many more…

The events will take place on Wednesday 17 June outside Park House, York Hospital and Wednesday 8 July at Scarborough Hospital.

We look forward to meeting you, so please come along and find out about the benefits we provide for you.
STAFF BENEFITS AND WELLBEING

Men's Health Week

IN JUNE the Health and Wellbeing team will be focusing on the health of our 2000 male staff.

Every year the Men's Health Forum holds a Men's Health Week and each year the theme changes, this year's theme is healthy living.

It is well documented that men are less likely to lead a healthy lifestyle, they are more likely to smoke, drink alcohol to hazardous levels and be overweight or obese. These lifestyles can lead into serious diseases such as cancer, heart disease and stroke. The risk can be reduced by leading a healthy lifestyle.

Within the York area the average life expectancy is 79.6 years and in Scarborough 72.9 years, below the national average of 79.5.

Men's Health Week challenges them to:

- Be active
- Watch their weight
- Attend their NHS Health Check (over 40s only)

During Men’s Health week we will be offering advice and support to men wishing to make a positive lifestyle change, whether that is to stop smoking, increase exercise or change to a more healthy diet.

For further information please visit us at the Staff Benefits and Wellbeing fairs.

National Cycle Challenge

ORGANISATIONS from around the UK and their departments and staff are all invited to take part in the National Cycle Challenge between 8 and 28 June. The Trust has signed up to this fun, free competition to see who can get the most people riding a bike.

People only need to ride for just 10 minutes to take part and can ride anywhere, anytime during the three week challenge! It's not about who can cycle the most miles, but who can encourage the most people to give cycling a go.

There are some fantastic prizes to be won including a trip for two to New Zealand, new bikes, bike gear, and holidays around the UK.

To take part register with www.lovetoride.net and ride a bike anywhere, anytime for at least 10 minutes between 8 and 28 June.

The winner of the bike at the Staff Travel Fair held at York Hospital on 22 April is Rachel Kristiansen, pictured, who works in Workforce and Organisational Development.

CiC Adviseline for Managers

In addition to providing the Trust’s counselling service, CiC provide a Managerial Adviseline. This is a specialist resource for anyone in a managerial or supervisory role who need support in what could broadly be defined as ‘people issues’.

The advice line is particularly useful when managers do not have the experience needed for a more complex issue.

For example, being unsure how to respond when a staff member has experienced a bereavement or other traumatic event, interpersonal difficulties, or health problems.

It is manned by highly experienced consultants who are trained and qualified counsellors and psychotherapists.

The advice line can be accessed via the dedicated Freephone number 0800 085 3805 between 8am and 8pm, Monday to Friday (except Bank Holidays).

Supporting Mental Health Awareness Week

Mental Health Awareness Week was recently highlighted with a range of activities at York Hospital to promote better mental health.

The event is supported by the Mental Health Foundation and this year’s theme was mindfulness which is already known to be successful in helping people with mental and physical health problems. It is about being present in the moment instead of worrying about the future or dwelling on what has happened in the past.

Poor mental health is the single largest cause of disability in the UK and one in four people will experience at least one mental health problem in any one year. Between eight and twelve percent of the population experience depression in any year.

For more information and advice on mental health issues and free resources on mindfulness visit www.mentalhealth.org.uk

Appraisal process changes

THE APPRAISAL process has been developed over the last 12 months to support a shift to a values based approach as well as the development of a formal talent development register.

A number of new tools have been developed to support staff in having open and honest conversations with their manager about their capabilities (performance against objectives) and attitude (behaviours compared to the Trust values).

The new process enables staff to make a self assessment against a series of descriptors to help identify where additional support may be required to increase their effectiveness. Those exceeding their performance and who consistently demonstrate the Trust’s values will be placed on the Trust’s talent development register in readiness to access future development opportunities.

Look out for more information about these improvements on Staff Room.

‘Buddy’ scheme

NEW starters to the organisation, or even existing staff moving to a new department, tend to participate in an extensive local induction to their new role. One way to support staff in adapting to their new role and working environment is a ‘buddy’ arrangement, using an experienced existing member of staff to work alongside them to help them settle in quickly.

It can also provide a helpful development opportunity for existing staff to take responsibility for organising this.

Please see the HR pages on Staff Room to find out more information about how a buddy scheme could work for you!
Round-up of activities

The Charity has a number of events taking place in the next few months which we would love staff to get involved with:

- **Viva Las Vegas Ball** – Saturday 20 June at the Royal York Hotel in York. The annual hospital ball will begin with a drinks reception followed by a sumptuous three course dinner, tombola, raffle, table magic and a casino. Live music will be provided by ‘Soul Rida’. The event will raise funds for high-tech child simulation equipment, and providing life-saving training skills for staff. Tickets are £55 per person or £500 for a table of ten.

- **Jane Tomlinson York 10k** – Sunday 2 August 2015. The route takes you on a tour of the stunning city, passing the iconic York Minster, before heading towards the riverside and city walls. YTHC has 30 places available.

- **Dragon Boat Race** – Sunday 12 July. The charity is looking for daredevils to take part in York’s annual Dragon Boat Challenge. It takes place over a 250 metre stretch of the River Ouse between Scarborough and Lendal Bridges. We have 20 crew member places to fill.

- **Great North Run** – Sunday 13 September 2015. The Bupa Great North Run is the premier event in the Great Run series and firmly established as Britain’s biggest participation event. YTHC has 15 places available.

- **Plusnet Yorkshire Marathon** – Sunday 11 October 2015. The highly-anticipated Plusnet Yorkshire Marathon takes runners through the beautiful medieval City of York and its picture perfect countryside in the county’s biggest marathon. YTHC has 20 places available.

Please contact the Fundraising Team to buy tickets or to book your place in one of the above events on 01904 724521 or email charity.fundraising@york.nhs.uk

How leaving a legacy makes a huge difference

JOHN MAY was an Auxiliary Nurse on Ann Wright Ward at Scarborough Hospital for 24 Years. After a few years of retirement, John decided to volunteer on the Haworth Unit which he loved.

He dedicated his life to caring for others and supporting the nursing profession before sadly passing away earlier this year after being diagnosed with cancer. John chose to leave a large legacy of £46,000 in his will to York Teaching Hospital Charity to be used at Scarborough Hospital.

Community Fundraiser Maya Richardson said: “Legacies have a large impact on our income and are a vital element to what we as a charity achieve for all of our hospitals.

A legacy of this generosity could help set up a new programme to support patients, allow the purchase of equipment or fund new staff members”.

- If you would like to apply for some funding, please get in touch by calling fundraising on x 771 6210 or email charity.fundraising@york.nhs.uk

- If you wish to write your will for free, please watch out for our Will Writing Campaign this October.

Thanks to Enterprise

ENTERPRISE Rent-A-Car recently donated £1,500 to the Snowdrop Appeal from the Enterprise Holdings Foundation. The foundation allows the company to give back to the communities in which their customers and employees live and work.

New base

The fundraising team outside their new office in the foyer of York Hospital.
Showcase your services at Open Day

THE TRUST’S Open Day will be held on Thursday 10 September at York Hospital. The location of the Open Day alternates each year and this year it takes place in York Hospital’s main entrance. It will follow with the Annual General Meeting at 3.00 - 4.30pm in the Hospital Chapel. For one day the hospital will open its doors to the public so that people can find out more about the wide and varied range of services the Trust provides. Teams and services throughout the Trust are all welcome to apply for an information stand or arrange a tour of their services.

Patrick Crowley, Chief Executive, said: “Open Days are a fantastic way for the public to learn more about their local hospital. It’s important for people to meet staff in order to gain a deeper understanding of the role they play in delivering outstanding healthcare.”

If you would like to be involved by having a stall or to offer a tour of your department, please email eventsteam@york.nhs.uk

Global coup for research study

Research staff at Scarborough Hospital have good reason to celebrate International Clinical Trials Day (20 May) after becoming the first team in the world to recruit a patient for a global research study to improve treatments for breast cancer.

The study will provide essential up-to-date information which will help improve treatment for patients with certain breast cancers.

Within three days of the study opening the oncology research team at Scarborough Hospital signed up the very first of 390 patients required for a world wide study.

Alison Ames, Senior Research Nurse, said: “Our research and development department worked hard to enable us to be the first site to open the study in the UK. We are a small team in a small hospital working with one clinician with only one clinic a week, so this is a significant achievement for us. The study is recruiting from 28 sites globally and is looking for 90 patients in the UK. We are delighted to have recruited the first participant and have in fact also recruited the second.

“Eligible patients for this study are not commonly seen in our clinic so it is even more of an achievement to have the first patients in a global trial and to offer them the opportunity to contribute answers to important questions on treatments and outcomes.”

The study will observe treatment patterns and outcomes in inoperable, locally advanced or secondary breast cancers. It will look at national and regional differences, response rates to treatment and how long it takes patients to respond to treatment.

Alison added: “This kind of data, in this setting, is currently limited but increasingly important in terms of clinical decision making and finding the optimum treatment strategies for patients throughout the course of this disease. Such data also informs funding agencies and can support access to treatments.”

The study is being led at Scarborough by Clinical Oncology Consultant, Dr Amandeep Dhadda with support from Senior Research Nurse Alison Ames, Clinical Trials Assistant Alicia Rodgers and members of the Scarborough Oncology and Haematology Research Team.

For more information on research contact the team at Scarborough on 7712175 or York 7726488.

Campaign for better cannulation documentation

A CAMPAIGN has begun at York Hospital’s Acute Medical Unit (AMU) to increase awareness of documenting the use of cannulas.

Cannulation is a common procedure throughout the Trust and is performed by many different types of health care professionals. However it is not without risks as lines can become contaminated at the insertion site or by introducing other organisms via the cannula.

Dan Palmer, Charge Nurse on AMU, said: “An audit on AMU over the past ten months showed a lack of documentation around the insertion of a cannula. This problem is not isolated to AMU as spot checks performed by matrons have shown that other ward areas also have a poor compliance rate.

“On average over ten months 84 percent of patients on AMU had a cannula inserted. Of these only 34 percent had any documentation to support it.”

Following the audit the team have introduced posters and stickers on drugs trolleys to remind staff to check if cannulas are recorded. An automatic question has been set up when staff start a set of observations to ask whether a cannula has been inserted. They also carry out a manual check and ask nurses whether they have inserted a cannula.

Since this results have improved enormously. Dan added: “Our aim is to work closely with the Emergency Department and the matrons to increase our insertion record to 80 percent in the next three months and to 100 percent within six months.”
No stopping for Tour de Yorkshire

The recent Tour de Yorkshire saw road closures across the region which meant careful planning for some staff to make sure they could reach patients.

Community Nurse Wendy Gautrey, part of the Selby South team, decided to join them and use her bike to get to patients.

Wendy said: “This was the first time I have used my bike to get to my patients. I usually travel to work and do my visits by car, however access was difficult to get to patients in the town centre with the roads closed from 8am.

“Knowing the geographical area, I was able to take shortcuts on my bike. I am part of an amazing team in the Selby South area, and I know any one of us would of done the same. The patients found it amusing and are still asking me if I’m on my bike when I visit them!”

District Nursing Sister, Toni East from Tadcaster Health Centre and Annette Mitchell, District Nursing Sister from Haxby group practice, were providing the triage service that weekend.

Toni said: “It was very stressful for all on duty that weekend including the Friday as there was a lot of organising to do by other members of staff to ensure the work was allocated appropriately. Many nurses in the York, Selby and outlying areas had to walk or cycle to see their patients which made their journeys very long and tiring. They all came across many barriers (literally) to overcome during their working day to ensure that all patients’ needs were met.

“The sheer dedication from all involved who were working the Tour de Yorkshire weekend was evident. We all strive to provide our patients and their families with the best possible service which was accomplished that weekend with great job satisfaction.

“The disruption to community services was kept to a minimum due to the hard work and dedication of all the staff involved, who have been thanked for all their hard work. Working in the community is very rewarding and also very challenging at times, and I never cease to be impressed at how we all work together to ensure we deliver a first class service to all our patients and their families.”

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