Dr. John Sentamu, Archbishop of York visited York Hospital on Thursday 15 December 2016, to lead a service at the Chapel and licence The Reverend Rachel Bailes as Lead Chaplain for the Trust.

The Reverend Rachel Bailes was formerly chaplain at Mid Yorkshire Hospitals NHS Trust, starting her chaplaincy career at Dewsbury Hospital before moving to the new Pinderfields Hospital at Wakefield, where she has been for the last six years.

The Reverend Rachel Bailes said: “I feel passionate about spiritual care and the need to treat all people with dignity and respect and as unique individuals. “Being in hospital can be a stressful experience for both patients and their loved ones and good, caring support for both patients and staff can make a real difference.”

Prior to ordination Rachel had a full and varied career within the field of Special Education.

The ecumenical team of chaplains and volunteers are available to give spiritual care and support to patients, relatives and staff. Spiritual Care and Chaplaincy services are offered across the Trust.

The Reverend Rachel Bailes with Dr John Sentamu at the licensing service

Archbishop welcomes Trust’s new Chaplain

“I feel passionate about spiritual care and the need to treat all people with dignity and respect and as unique individuals”

Have you got a story?

If you have a story for a future edition of Staff Matters, we would love to hear from you! Contact: Elaine Vinter, Media and Communications Officer: elaine.vinter@york.nhs.uk
Or email staffmatters@york.nhs.uk
THE TRUST has been chosen as one of 24 sites across the country which will train nursing associates over the next two years.

Health Education England (HEE) has announced that 20 nursing associates will start their training in spring 2017. They will work alongside existing nursing care support workers and fully-qualified registered nurses to deliver hands-on care for patients.

The role has been developed to enable nurses to focus on the more advanced elements of their jobs and to offer improved career pathway opportunities to emerging talent.

Beverley Geary, Chief Nurse, said: “It is important that we build a workforce to meet the changing needs of the people we care for. The new nursing associate role will be a part of a team built around those needs and will provide an exciting opportunity for those who want to progress their careers in the field of health and care.

“The new role also has clear benefits for registered nurses, providing additional support and releasing time to provide the assessment and care they are trained to do, as well as undertake more advanced tasks. This will ensure we use the right skills, in the right place and at the right time.”

The Trust will work in partnership with Department of Health Sciences, University of York to deliver the curriculum framework.

Becky Hoskins, Assistant Director of Nursing - Workforce, added: “The introduction of nursing associates is a positive and welcome step forward and I look forward to following progress made as training begins.”

Applications have now closed and interviews will begin for the new nurse associates to start work at the Trust in April.

A fter 12 years of providing intermediate care in York, Archways Intermediate Care Unit closed its doors in December 2016.

Increased services are now being provided by York Community Response Team to support people to stay in their own homes while continuing to receive the same type of care from a multi-disciplinary team of health professionals.

All staff from Archways have been redeployed within the Trust.

Patrick Crowley, Chief Executive, said: “We are grateful for the hard work, commitment and selfless service that Archways staff have devoted to ensuring all patients and visitors have received the best possible experiences in our care.

“They continued to work in a professional manner and delivered exceptional patient care right throughout the period of change until the end.”

The work continues to help support patients to get better at home with the help of the nurses, advanced care practitioners, physiotherapists, occupational therapists and support workers in the Community Response Team.

Rachel Daniel, Team Manager for the York Community Response Team based at White Cross Court, explained: “We help those patients who are medically ready to be discharged from hospital but still need further support and assessment at home to help them regain health and maximise their independence.

Our team can assess patients’ needs and help them to achieve short term goals which helps prevent an admission to hospital or to stay in their own homes.

“We are able to provide intense support over a short period and work closely with other teams in the community such as GPs, Community Therapies, District nurses, care providers and community and voluntary organisations to ensure that long term needs are identified and met.

“The teams work seven days a week including bank holidays and develop individual care plans with people they are supporting and their carers”.

Old and new: Archways, right, and physiotherapist James Palmer with a patient at home (above)
Meet the November finalists

Selby Community Response Team, Community services
The whole team were nominated by a relative for the care, attention, consideration and affection shown to their 89-year-old mother, care described as ‘second to none’. They were praised for their dedication to improving her mother’s health and wellbeing and although clearly very much in demand they never indicated how busy they were. They were ‘always kind and patient even when my mum was impatient and awkward’. The relative was impressed by the way they gave all patients the same high degree of attention. ‘I really don’t know how I would have managed without their kindness and expertise.’

Laura Barrett, Diabetes Specialist Nurse, York Diabetes Centre
Nominated by a relative for going above her role on numerous occasions for her father, a double amputee with diabetes. Laura is praised for putting patients and their relatives first to ensure the service she gives can and will make a difference. ‘Laura is always at the end of a phone or email and will even squeeze me in between clinics to offer advice and support and just listen to me … Not once has she said she does not have time for me … Without her support my dad would be in a nursing home, and having no control of how he manages his diabetes… Laura gives my father control still of his life.’

Kayleigh Boardman and Emily Bingham, Healthcare Assistants, Lilac ward, Scarborough
Nominated by a colleague for their overwhelming compassion and empathy towards a patient with severe mental problems who would not eat, drink or communicate with any staff. Kayleigh and Emily spent time with the patient building up a bond between them. Whenever they had five minutes spare they would go and sit with the patient and encourage her until she could sit up and slowly start to eat. The family has seen a significant improvement in their relative. ‘The patient would beam with delight whenever the two girls walked into her room’. They are praised for looking beyond the patient’s mental health problems and made it their duty to find out more about the patient.

Samantha Harrington, Community Midwife, Scarborough
Nominated by a colleague for her actions in saving the life of a newborn infant at home, Samantha demonstrated clinical competence, use of referral process and multi professional working in an extremely challenging situation. She ensured that the baby was appropriately referred and worked in collaboration with her colleagues to ensure the best care for the family. Samantha ensured the safe and responsive care of both mother and baby and followed this family ensuring they received continuity, demonstrating care and compassion in a very challenging situation. ‘Sam demonstrates all the key trust values in her daily working … this family benefited from all of these skills within this episode of clinical care.’

Paddy McCleary, Consultant Vascular Surgeon, York
Paddy was nominated by the Cystic Fibrosis (CF) team for improving patient care for patients with CF and Bronchiectasis. He is praised for his help and flexibility in helping meeting the needs patients by inserting midlines for them to have their IV antibiotics which means they don’t have to have multiple cannulas for their course of IV antibiotics. This allows patients to go home and have their treatment there which is a much better environment for them. It has also benefited the Trust by improving patient flow allowing patients to go home sooner, saving on bed days and freeing up more beds for other patients. ‘Paddy is fantastic with the patients … we have some extremely anxious young patients’.

Kayleigh and Emily with Chief Executive Patrick Crowley
**Face to face antenatal education returns to York**

AFTER trialling online antenatal classes for the past three years the maternity team in York have reintroduced antenatal education sessions across York and Selby. The sessions run across three weeks and focus upon supporting normal birth, discussing complicating factors, caring, feeding and bonding with baby.

Michala Little, Community Midwifery and Antenatal Day Services Manager, explained: “This is exciting news and the result of collaborative working between midwifery, health visiting and the children’s centres.

“The face-to-face sessions have been created as a result of Friends and Family feedback and are aimed at offering women a choice of ways to access antenatal information. It’s often regarded as an exciting and yet worrying time, so the emphasis of the sessions is upon empowering mums and dads to parent effectively once they have welcomed their new baby into their family.

“Midwives and maternity support workers have worked closely with the infant feeding coordinator to ensure that we are delivering important public health messages around infant feeding and nurturing. They are also working with health visitors and have shown great enthusiasm and commitment in the creation of the sessions which will be held in a variety of locations including children’s centres and hospital sites.”

While the online sessions are still available it is hoped that feedback from the new face-to-face sessions will form and shape their delivery in the future.

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**Induction day for student nurses**

THE PRACTICE Education Team and Deputy Chief Nurse, Helen Hey, recently attended the induction day for student nurses beginning their BSc Nursing programme at the University of York.

The new students will begin their first placement with the Trust from January and the team were keen to show them how they would be supported through the experience.

Amanda Horrocks, Practice Education Facilitator, said: “This will be the students’ first placement since starting on their new career so they were both excited and nervous at the prospect. The students were enthusiastic, motivated and asked questions to the team to ensure that they had the right information to prepare for their placements.”

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**Funding changes for apprenticeships**

Changes to the way apprenticeships are funded this year will have a big impact on the Trust’s apprenticeships and training schemes.

Reforms will come into effect on 6 April 2017 which will see a levy on employers which will help fund the growth of the apprenticeship programme nationally.

The Trust will be expected to pay approximately £1.3 million per year into a digital account that can only be used to pay for an apprenticeship training and assessment programme. The funds can only be used for apprenticeships in new job roles or an existing job role where the individual requires new knowledge and skills, including those who may already have a degree but it is not relevant to their role.

Julie Colquhoun, Learning Coordinator, said: “The apprenticeship levy can only be used to develop our own employees and will expire after 24 months if they have not been used. Unused funds will be used to support training provision for non-levy paying employers so it is vital that opportunities to maximise the use of the levy for our own employees is explored thoroughly.”

New Apprentice Standards will gradually replace traditional National Vocational Qualifications (NVQ) or Qualifications Credit Framework as they are currently now known as well as the current apprenticeship frameworks.

Julie continued: “We are now looking at how best to maximise the use of the apprenticeship levy funds and identify priorities for training provision over the next two years. Anyone who has used this type of qualification in the recent past to develop staff should make sure that they contact us so that this development can continue using the relevant apprenticeship standard.

“People should also let us know if they are currently using an external training provider that they would like to be considered for delivery in the future.”

Anyone contacted by external training providers offering deals on NVQs, Qualifications Credit Framework, or apprenticeships should refer them to Corporate Learning and Development.

Any external provider used by the organisation needs to go through a formal tendering process.

Contact supportstafflearning@york.nhs.uk for more information.
Simulation in Scarborough

Over the last year, the clinical skills team have been providing ‘in situ’ simulation services to support training in various departments at Scarborough Hospital.

Last month staff took part in a paediatric emergency simulation organised by consultants Dr Jane Marshall and Dr Lina Bruzaite, assisted by York and Scarborough postgraduate medical education team, and representatives from Embrace.

Dr Marshall, Paediatric Consultant, explained: “The event was multidisciplinary, with over 30 staff from teams including anaesthetics, paediatrics, recovery and the emergency department taking part. The teams were able to benefit from debriefing sessions, supported by watching the video playback together. Staff commented that it was especially useful to debrief with colleagues from different disciplines in order to understand priorities from each other’s perspective.

“Valuable lessons were shared not only on clinical care, but also on interactional factors, and particularly on aspects of teamwork and leadership.”

The event was scheduled to form part of a Trust Clinical Governance meeting enabling paediatric, ED, and anaesthetic staff to work together. It provided an opportunity to discuss challenges and agree on some positive ideas for ongoing improvements in paediatric emergency care.

Andrew Volans, Scarborough Clinical Skills and Simulation Lead and ED Consultant, added: “Simulation affords a tremendous opportunity to explore areas for improvement in safety, processes, and skills, while empowering individuals and teams. It is regularly used effectively in professional courses and classrooms, offering students a safe place to learn new skills and develop confidence.

“In-situ simulation benefits from the realism of working through the scenario in the everyday workplace of those involved, highlighting those unique learning points that can only be acquired within each specialty environment.

“The involvement of staff in their usual roles, or as simulated patients, is imperative to any simulation being credible and effective.”

Maria Wilkinson, Scarborough Medical Education Manager said: “The use of simulation in clinical training is still developing and we welcome anyone who would like to be involved to get in contact with us.”

Scarborough Postgraduate Centre will host a simulation faculty development course in May 2017 to encourage wider participation, understanding, and involvement in simulation. More information and how to book onto the course will follow.

PATIENT SAFETY IN FOCUS

Junior doctors guardian for safer working

LAST month saw the introduction of a new national contract for all doctors in training.

The new contract contains safeguards to protect the safety of junior doctors and patients and ensures doctors are accessing required education.

Lisa Smith, Safer Working Guardian, explained: “The new contract sees the introduction of a new system of exception reporting if junior doctors are not working safe hours or are not accessing education, and ensures that this does not become a pattern or put our staff or patients at risk.

“In the event of a junior doctor submitting an exception report, this must be reviewed by the appropriate supervisor and the actions agreed to prevent it re-occurring.

“In my role as Guardian of Safer Working I will oversee exception reports related to working hours and support junior doctors to ensure they, and our patients, stay safe.

“We know our doctors want to provide the best quality care to our patients and we want to provide the best environment for them to be able to do that. The new Trust Junior Doctors Forum gives doctors an opportunity to have a say and influence this.”

For more information contact Lisa on 07818 427420 or email lisa.smith@york.nhs.uk or contact the Junior Doctor Contract Administrator on 771 2591 or russell.helms@york.nhs.uk
Centralised recruitment

One year on…

It’s nearly a year since the recruitment process was centralised to include all sites across the Trust and the HR team has been reflecting on a year that has been both challenging and productive.

In the first three quarters of the year there were almost 1,300 vacancies to fill which involved creating more than 1,000 job advertisements. As a result the team dealt with 14,129 applications and invited 4,770 candidates to interview. There were 1,422 offers sent out requiring 977 DBS checks.

Recruitment Manager, Will Thornton, said: “On reflection, we took on recruitment for the whole Trust without having a full team in place, which did cause some difficulties. In the early days the standard of service could have been better at times but we reached a real turning point when we established named links within HR for directorates. We also appointed some excellent staff to the HR team which resulted in a significant improvement to service.

“With implementation of the new Trac recruitment system and a more settled team, HR are promising service will continue and a more settled team, HR are promising service will continue and just five days to shortlist, saving 14 days in the process.

Vacancy coming up? Here are some top tips for reducing time to hire:

• When you update Trac with details for conditional offer letter, send scans of any docs checked at interview via Trac’s vacancy communications tool.
• Interview, ask them to make an appointment with HR to complete these ASAP.
• When making a verbal offer, ask candidates to approach their referees to make sure that they’re responsive when requests for a reference are made. Also advise them that their offer will arrive by email.
• If the candidate didn’t bring all of the documents needed for employment checks to interview, ask them to make an appointment with HR to complete these ASAP.
• Provide ALL info with vacancy submission up-front – include your completed OH form on Trac with it.
• Do you need to advertise? If you’ve run an advert for the role previously and identified ‘appointable’ candidates in the last six months, it may just be a case of taking forward an offer.
• If advertising, set time aside for shortlisting and interviews from beginning. Aim to complete shortlist within five days of closing and interviews within twelve days of the closing date.
• Further information will be sent out in due course, but if you wish to participate now and have a questionnaire sent to you, please contact Lydia Harris, Head of R&D Lydia.harris@york.nhs.uk or call 7716606.

Improvements have been made in speeding up recruitment. With the introduction of Trac, timescales for hiring continue to come down. It now takes just one and a half weeks for the full authorisation process which is half the time previously and just five days to shortlist, saving around three days in the process.

The biggest improvement so far is that we’ve halved the time it takes to hire successful applicants via Trac with an average of just 12 working days to complete employment checks.”

Will Thornton soon begins a secondment as Senior HR Lead for workforce utilisation for the next year and will be replaced by Julie Southwell.

Research News

Join the Yorkshire Health Study

The Trust has been invited to participate in the National Institute of Health Research Yorkshire Health Study. This follows the lives of thousands of people in Yorkshire to help researchers in Sheffield understand our health so that they can find the best treatments to prevent and treat illness in the future.

Anyone aged between 16-85, living in the Yorkshire and Humber region, can take part in the study and it only takes ten minutes.

Since 2010 almost 30,000 people have filled in the health questionnaire to help research in the region. These questionnaires have provided valuable insight into the health of the people in Yorkshire, in order to improve services for the people who need them most.

Further information will be sent out in due course, but if you wish to participate now and have a questionnaire sent to you, please contact Lydia Harris, Head of R&D Lydia.harris@york.nhs.uk or call 7716606.
Scientist achieves spirometry expertise

ASSOCIATE healthcare scientist, Lorraine Hodgetts from Scarborough Hospital, has gained a qualification which means she can help with the diagnosis of hundreds of patients with lung disorders.

Lorraine, who works in the cardio-respiratory unit at Scarborough Hospital, has achieved a certificate in spirometry interpretation. A spirometer is a device that indicates how quickly and effectively the lungs can be emptied and filled.

Peter Levis, Head of the Cardio-Respiratory Department at Scarborough, said: “Spirometry is the most commonly performed lung test within the Trust. It is the first line test for the diagnosis and treatment of many lung disorders. The test is useful for asthma, cystic fibrosis, acquired airway malformations and many other respiratory diseases in both adults and children.

“The certificate demonstrates that Lorraine has achieved expertise in the interpretation of spirometry test results which will bring huge benefits to our team. Her hard work further demonstrates the continual of the Trust’s high quality service to our patients.”

Gates restoration project was a labour of love

Historic iron gates installed over 150 years ago on the site of York Hospital have been lovingly restored to their former glory in partnership with York Civic Trust.

The hospital was built on the site of a number of sports fields and a children’s play park. One of the fields was for the exclusive use of the boys of Archbishop Holgate’s Grammar School and the iron gates were put in place on the boundary to Bridge Lane.

James Hayward, Capital Projects Manager, said: “The iron gates are of unique historic value but had ended up in a very bad state of repair.

“Thanks to research by the York Civic Trust we have been able to have them restored right down to the last detail. The gates were fabricated around 1852 and have been identified as being made by the Walker iron foundry of Walmgate in York who were a very prestigious firm.

“They supplied the gates and railings for the British Museum and earned the patronage of Queen Victoria, being appointed ‘Iron founders and purveyors of smith’s work’ to the Queen.

“It’s been a fascinating project and very much a labour of love and we are very grateful to York Civic Trust for all their input and support.”

NHS Expenses in the palm of your hand

A BRAND NEW NHS Expenses Mobile app has launched and is available for you to download now.

The app replicates the desktop NHS Expenses functions which means staff can now record, submit and approve all claims via a mobile device.

NHS Expenses Mobile is supported across multiple platforms including iOS, Android and Windows Phone and can be downloaded from www.software-europe.com/nhs-expenses-mobile

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CONGRATULATIONS to Jennifer Hildyard, honorary secretary and a trustee of Friends of York Hospital who has been awarded an MBE for her services to the community in York. Jennifer has arranged many fundraising activities in aid of the hospital and in 2012 The Friends received a large legacy which enabled the group to donate £160,000 to a variety of major projects. Speaking about her award, she said: "I think it is wonderful. It is quite humbling really. I am the first person in my family to be awarded something like this."

Two prestigious awards were presented to the Estates and Facilities team at the 18th annual Building Better Healthcare Awards in November. The awards recognise outstanding achievements and innovation in the healthcare sector and were attended by 550 representatives from the NHS and healthcare industry. The team swept up in the ‘Best Example of Efficiencies’ category taking both winner and runner up and beating off stiff competition from eight other entries.

The ground-breaking Lilac Ward project at Scarborough Hospital, a unique design created in partnership between the Trust and Kier Group, was named winner for its many service benefits as well as cost reduction. The judges said: “This project has delivered an impressive range of ‘more-for-less’ efficiencies.”

Highly Commended was the Trust’s work with Vital Energi to reduce emissions and save money. The judges said: “This shows the positive effects energy reduction and generation can have on both financial savings and carbon emissions.”

Brain Golding, Director of Estates and Facilities, said: “Winning two awards is a fantastic achievement for everyone involved. These projects required huge investment in both capital funds and partnership working and we are delighted with the results. It is a real endorsement of all the hard work.”

Help keep warm this winter

THE TRUST is working with councils in York, Selby, Harrogate, and Craven to promote new grants and loans for energy efficiency improvements.

They are offering grants for cavity wall and loft insulation and no-interest loans for boiler replacements to help improve living conditions for households on lower incomes.

Anyone who owns or rents their homes with a total annual household income of less than £35,000 per year can receive help.

If you have a household income below £35,000 per year and find your home difficult to keep warm, you can contact Housing Standards and Adaptations at the City of York Council at housing.standards@york.gov.uk or on 01904 552300.

This scheme is only available in Craven, Harrogate, Selby, and York Council areas. If you live elsewhere in North Yorkshire contact your local Council to find out if they have any help available:

- East Riding of Yorkshire – 01482 396180
- Ryedale District – YES Energy Solutions 0330 053 5631
- Scarborough District – White Rose Home Improvement Agency – 01723 232527.

National recognition for Estates projects

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Student surgery helps improve placement experience

A SPECIAL surgery for non-medical professional healthcare students was held recently by the practice education team with guest Mike Proctor, Deputy Chief Executive in his role as Director of Workforce and Organisational Development.

Students from nursing, radiology, midwifery and physiotherapy shared good practice and discussed issues close to their hearts at the sessions held at York Hospital. The session raised some interesting issues affecting students and looked at ways of improving their experience.

Amanda Horrocks, Clinical Skills Facilitator, said: “We looked at how students can be involved in decision making within the Trust as their involvement is very important. Discussing ideas and issues in placement areas is one aspect and attending student surgeries with the practice education facilitators whilst on placement also provides a channel to explore ways students can get involved.

“Some of the issues such as how students can be supported with conflicting priorities were discussed. For example, assisting patients with nutritional needs whilst needing to learn about medicine rounds often proves difficult as these are usually occurring at the same time. Both activities are important learning opportunities so it was useful to discuss possible strategies such as being involved in both activities for part of the task, perhaps participating in part of a drug round rather than a complete one.

“Holding the surgery with Mike Proctor was a great help as it was an opportunity for students to share their thoughts first hand.”

Mike said: “It was refreshing to speak directly to students about their experiences. We want the best experience possible for students on their placement with us and communication is an important part of that.”

Social media round-up

Check out our collage of last year’s most popular Facebook posts! Taken from each month of an interesting and varied 2016, here are our most ‘liked’ posts of the last 12 months.

In a year in which there were many highlights for the Trust, the leap year babies of 29 February stole everyone’s hearts and became the Trust’s most popular post of the year with 812 likes.

June’s most popular post saw 236 people giving the thumbs up to midwife Pamela Sear of York Hospital as she won a Kia Picanto in the Staff Benefits Staff Lottery.

December was a particularly active month as many of us were well and truly wrapped up in the Christmas spirit. The most popular post of the festive season was a congratulatory shout out to staff on ward 36 at York Hospital and their efforts in donating money and buying Christmas presents for all their patients.

Among other highlights of the year were October’s unsung heroes award winners the porters of York Hospital, Scarborough Occupational Therapist Bekki, who received huge praise and a wave of likes in November for her work in helping a patient get through their rehabilitation and August’s post where ward 34 made one father’s day in allowing the Nicholson wedding party to bring their wedding to the ward.

We’d like to thank all of you for making our Facebook page such a hub of activity. Your likes, shares and comments are what brings our social media channels to life.

So here’s to 2017 giving us plenty more reasons to share, like and celebrate the best our Trust has to offer!
‘Step into health’

‘STEP Into Health’ is a 13 week distance learning course run by Loughborough College and free to staff. It is a nationally recognised qualification in health, lifestyle and fitness. It aims to help people of differing health and fitness levels to improve their wellbeing and empower them to achieve their own personal health objectives.

The course covers three modules in Physical Activity, Stress Management, Nutrition and Weight Management. You will receive a theory manual, three workbooks and a DVD.

The DVD provided is based on physical exercise that you can do at home and the workbooks check your level of understanding to pass the course and achieve an entry level 3 AIM Award.

To enter you must be an employee of the Trust and you will have had a health check provided by the wellbeing team. You must also agree to take part in course evaluation.

There are only 20 places available so applications will be selected on those that meet the criteria and on a ‘first come, first served basis.’

For further information and an application form please go to the Staff Benefits section on the Trust website and select the Wellbeing button.

Please email your completed application form to carol.dickinson@york.nhs.uk

The closing date for applications is Monday 6 February 2017.

Time to Talk Day – 2 February

IT’S Time to Talk Day on Thursday, 2 February 2017 and we are be encouraging staff to join the rest of the nation in getting involved by having a conversation about mental health. One in four of us will experience a mental health problem in any given year, but many of us are too afraid to talk about it. Being open about mental health and ready to listen can make a positive difference to someone’s life.

Check out our wellbeing pages to find out what’s available within our Trust to help staff experiencing mental health problems – how to recognise the signs and what help is available. Look out on our social media channels in February if you want to join us in showing your support.

The myths… and the facts

There are lots of myths about mental health. Knowing a few facts can help us to challenge any negative thoughts and actions.

**Myth:** Mental health problems are very rare.

**Fact:** 1 in 4 people will experience a mental health problem in any given year.

**Myth:** People with mental illness aren’t able to work.

**Fact:** We probably all work with someone experiencing a mental health problem.

**Myth:** Young people just go through ups and downs as part of puberty, it’s nothing.

**Fact:** 1 in 10 young people will experience a mental health problem.

**Myth:** People with mental health illnesses are usually violent and unpredictable.

**Fact:** People with a mental illness are more likely to be a victim of violence.

**Myth:** People with mental health problems don’t experience discrimination.

**Fact:** 9 out of 10 people with mental health problems experience stigma and discrimination.

**Myth:** It’s easy for young people to talk to friends about their feelings.

**Fact:** Nearly three in four young people fear the reactions of friends when they talk...
The New Year began with the start of the first ever Sniper Fitness Boot Camp at Scarborough Hospital.

Recruits meet at the main entrance of the hospital for an hour of military inspired exercise led by a qualified instructor. It’s open to everyone over 16 years of age, whether fit or not as fit as you would like to be, Sniper Bootcamps are perfect for you to achieve your fitness aspirations!

Each boot camp runs for four weeks with three sessions per week currently on Monday, Wednesday and Friday 5.30-6.30pm. The aim is to work with Sniper Fitness to roll out more sessions offering flexibility for those people who work shifts.

NHS employees can enjoy a 10% discount off each boot camp and you can also take advantage of the £25 physical activity grant (details available on the Staff Benefits website) to save even more. The cost with 10% discount makes it £45 and, with the physical activity grant support, staff effectively get one boot camp half price.

If you’d like to sign up to #TeamNHS simply visit the Sniper Fitness website www.sniperfitness.com/bootcamps/enlist-to-a-bootcamp.html

Meet new member of the team

LAURA STREETTS joined the staff benefits team in October 2016 after six years working in Scarborough Hospital’s recruitment team. Laura said: “I really enjoy the challenges that come with this new post and meeting so many staff and new businesses as part of the different projects I work on. As the post was vacant for some time I am keen to ensure that the services are resumed and new benefits are introduced for staff at both Scarborough and Bridlington hospitals as well as staff working in the community.”

“I am originally from the Midlands and there are many places that are still new to me, so if you have a favourite restaurant or attraction you’d like me to approach then please get in touch!”

Contact Laura at Laura.streetts@york.nhs.uk or on 7715252.

Bad news for Beach Huts at Scarborough

DUE to the beach huts at Scarborough North Bay being sold by the owners, they will no longer be available to rent for 2017. The huts have been a fantastic benefit for staff working for the Trust. We are enquiring to see if we can book beach huts at Filey or Bridlington, so watch this space...

Amazon lockers now available

AMAZON lockers are now available for staff to use at York Hospital in the main corridor and are due to be installed Scarborough Hospital outside Haworth Unit in the very near future.

The lockers are self-service kiosks where Amazon customers can receive or return their parcels. Staff can select a locker location and collect their parcel or drop off a return item at a time that’s convenient for them. Customers can add an Amazon Locker to their address book using a quick link when prompted during checkout or at www.amazon.co.uk/findalocker.

Once a customer’s parcel is delivered to their Amazon Locker, they receive an e-mail notification with a unique pickup code and bar code. Customers enter their pickup code or scan the barcode using the barcode scanner to activate the pickup process and retrieve their package. Customers have three business days to collect their package, after which time it is returned.

Christmas parties success

ON 11 December the staff benefits annual children’s Christmas parties took place at both Scarborough and York Hospitals. Entertainment was provided by two local DJs, with music, games and dancing followed by a snack tea.

There was also a surprise visit from Santa with each child taking home a present and sweets. The parties were a huge success so thank you to everyone who bought their children along to enjoy one of our favourite events of the year.
Donations buy ‘hungry manikin’

Thanks to the donations to our children’s ward, paediatric staff are yet again increasing their skillset.

The ‘hungry manikin’ allows staff to practice inserting a nasogastric (NG) feeding tube into a child’s stomach via their nose. The procedure is mostly used on young infants with respiratory conditions who are struggling to feed.

The manikin replicates the procedure and allows staff to see how the tube would flow down the oesophagus and into the stomach.

To ensure that the tube has reached the stomach, it can be filled with vinegar to mimic the acid in a real human and can be tested by drawing back some of the stomach contents to check for the stomach acids.

Avril’s charity run back to fitness

In 2015 Avril Metcalfe, Ward Clerk at Scarborough Hospital, suffered life threatening injuries when she fell off her horse.

She suffered a ruptured spleen, broken ribs and required emergency surgery at the very hospital where she works. To say thank you, and to continue with her recovery process, Avril signed up to take part in the Great North Run last September in aid of York Teaching Hospital Charity.

Avril said: “Having been on the receiving end of the wonderful treatment from the surgical team and staff on the wards, I wanted to say thank you and give something back. After returning to work two months later, I joined the Walk to Run group at Scarborough Athletics Club and made amazing progress. My Great North Run challenge not only got me back to full fitness but also raised £500 which has purchased some fans for Ash Ward.”

Other departments including Theatres and Outpatients at Scarborough have also benefitted from the charity by purchasing fans.

Anyone thinking of taking on a challenge or would like to discuss any fundraising can contact (772) 4521 or email charity.fundraising@york.nhs.uk

We have places for York 10k—Sunday 6 August, Great North Run—Sunday 10 September and Yorkshire Marathon – Sunday 8 October.

Bridlington Coffee Morning

Thank you to Staff Nurse, Karen Barron, in Outpatients at Bridlington for organising a Coffee Morning back in December which raised £129.40 for Macmillan Cancer Support and our own Cancer Information Service at Scarborough Hospital.