The annual Celebration of Achievement Awards nomination process will open on Monday 3 April.

Now in their seventeenth year, our annual staff awards ceremony provides an invaluable opportunity to showcase the achievements and publicly recognise the work of our 8,500 professional, innovative, caring and dedicated staff.

This year our Celebration of Achievement Awards will take place at The Bridlington Spa, on the evening of Thursday 12 October 2017.

On the night more than 300 people will gather to celebrate those individuals and teams who go the extra mile to make a real difference to others. Often our staff don’t realise that what they do is special because, to them, it is part of their daily job.

Nomination forms will be available on Staff Room and the closing date will be Friday 12 May. Judging will take place throughout June, with the finalists announced in July. These awards would not be the success that they are without the staff, patients and volunteers who take the time to nominate a colleague or team. Now is the time to think about your nominations and don’t forget - if your nominee is selected as a finalist you will be invited as a guest to the event.

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

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4 Social media – advice on staying safe

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12 Dementia appeal launched
Celebration of Achievement – the categories

Excellence in Patient Experience Award
Awarded to an individual or team who has demonstrated excellent practice in improving the patient experience by listening to feedback, working in partnership, valuing and respecting the view of all involved and through the demonstration of a caring and compassionate approach.

Living Our Values Award
Awarded to an individual or team who has demonstrated how they have embedded the Trust’s values, beliefs and behaviours in the delivery of their services.

Partnership Matters Award
Awarded to an individual or team who has demonstrated the benefits of partnership working, between the Trust and other stakeholders, in providing health and social care.

Enhancing Systems and Services Award
Awarded to an individual or team who has demonstrated their ability to solve problems and meet challenges which improve effectiveness, quality and behaviours and which benefit those working in or accessing Trust services.

Efficiency Award
Awarded to an individual or team who has demonstrated effective and creative value for money solutions through the efficient use of resources (staff, money and assets), while keeping quality at the heart of service delivery.

Unsung Hero Award
Awarded to an individual or team who has made an outstanding contribution in providing a welcoming, caring and helpful service, which goes the extra mile to meet the needs of patients and customers.

Volunteer of the Year Award
Awarded to an individual or team who has consistently and freely given of their own time to contribute to the delivery of services, which enhance the patients and customer experience.

Patient Safety Award
Awarded to an individual or team who has demonstrated an exceptional contribution towards making the care of patients safer.

Patient Award
Awarded to an individual or team who has shown an exceptionally caring, supportive and compassionate service to patients, their families and friends.

Safe sleeping for babies

Midwives and health visitors have been raising awareness of safe sleeping for babies in light of a national campaign.
Safe Sleep Week from 13-19 March highlighted the advice available for new parents to ensure that their babies are sleeping as safely as possible.
Led by The Lullaby Trust, the campaign’s aim is to reach as many new and expectant parents in the UK as possible to raise awareness of Sudden Infant Death Syndrome (SIDS) and offer advice on how parents and carers can reduce the risk of it occurring.
Ruth Thompson, Community Midwife Team Leader, said: “Babies need a lot of sleep during the first few months of their lives so it’s important that we raise public awareness of safe sleeping for babies.
“We know that greater awareness of safer sleep leads to a decrease in the numbers of babies dying.
“Sadly around four babies a week nationally still die from SIDS and if all parents were aware of safer sleep advice many lives could be saved.
Around 700,000 babies are born every year in the UK and 50 percent will have co-slept with one or both parents by the age of three months – approximately 154,000 share a bed every night. We want to help keep them safe.
“It is possible, however, to significantly lower the chances of it happening by following this safer sleep guidance.
For support and advice on sleeping your baby safely The Lullaby Trust can help
Visit: www.lullabytrust.org.uk
Contact us on: 0808 802 6869
Email: info@lullabytrust.org.uk

The ABCs of Safer Sleep

Always sleep your baby... 
...on their back... 
...in a clear cot or sleep space.

Safer sleep for baby, sounder sleep for you
Following the ABCs for every sleep day and night will help to protect your baby from Sudden Infant Death Syndrome (SIDS) giving you the peace of mind to enjoy this special time.

Register your charity number: 262191
Let’s celebrate all the ‘Tiny Noticeable Things’

The Patient Experience team handle the Trust’s compliments and complaints, of which there are many more compliments.

The team are looking to celebrate the tiny noticeable things that aren’t in anyone’s job description, but make a big difference to someone’s experience of care. It’s an everyday occurrence in healthcare to offer genuine acts of kindness but, while it can be the one thing that makes a person’s day, it often goes unrecognised.

Do you have examples of thank you letters or stories that acknowledge these “tiny noticeable things” and the difference that they made to that person? If so, please do share them with us. Staff Matters will help celebrate these small things that make a big difference.

Here are two recent examples:

A patient was very nervous about attending for their hospital appointment. The staff were understanding and caring, but the thing that really stuck in this person’s mind was that they made her a proper cup of tea and found her a banana when she wanted a healthy snack.

One Friday on Holly Ward at Scarborough Hospital there was a bit of a quiet period and healthcare assistant Lesley Lee set up a bingo game with the patients. The ward sister provided some prizes. It was such a success that she stayed on after her shift on another occasion to set up another game.

The best we can be…

With the start of the new tax year on 5 April 2017, comes the start of our new business year in the Trust. The plans are written and our targets and ambitions for the new year ahead are in place.

For me this has always seemed like a very good time to undertake the annual reviews of our Non-Executive Directors (NEDs). The NEDs are a very important element of our Board of Directors; their role is to support and challenge the Trust in the way in which it delivers its strategic plans.

The NEDs annual review or appraisal is the time for me, and for each NED individually, to think about the year gone by and to set objectives for the year ahead. These reviews will take place during March, and will be complete in time for our new business year. And so will mine!

The Chair’s performance is appraised by the Lead Governor, Margaret Jackson, and the Senior Independent Director, Philip Ashton. They will evaluate my performance during the year against the targets we agreed and will also set me some objectives for the year ahead.

The board of directors take a great interest in the number of our staff at all levels who have a recorded appraisal – currently around 90 percent of staff. This is a great achievement, although it does mean that 10 percent of our staff do not. I would encourage everyone to put their best efforts into appraisals during 2017 to help the Trust achieve 100 percent so that we are recognised as an employer of choice.

Now is the time to plan ahead – if you are an appraiser the board encourage you to get dates in your diaries. If you have not had your appraisal, ask your line manager to book a time.

Our performance as a Trust depends completely on each and every one of us performing in our role and living up to our values in the best ways we can. Appraisal or performance reviews are at the very heart of that.

Sue Symington
Chair

“I would encourage everyone to put their best efforts into appraisals during 2017 to help the Trust achieve 100 percent”
Our in five NHS organisations now use at least one social media channel for corporate communication and engagement.

The UK makes up 31 million of social media users, with 60 percent of the population having a Facebook account. Instagram has a younger audience than Facebook, with 39 percent of its UK users aged 16-24.

Polly McMeekin, Deputy Director of Workforce, said: “Social media is a great way to stay in touch - connecting people across the world, bringing people together with the same interests, and sharing real time information. The Trust’s own Facebook, Twitter and Instagram pages have proven to be a very effective way of communicating with staff and the public.

“Unfortunately there are disadvantages to using social media such as cyber bullying, risk of fraud and backlash against comments.

“Staff working in the NHS are vulnerable to incidents involving the misuse of social media by patients and members of the public due to their role and the public nature of their position.

“The problem is information placed on social media can potentially end up in the public domain and be seen and used by people it was not intended for. Even content uploaded anonymously can, in many cases, be traced back to its author.

“NHS staff do need to be mindful of the viral nature of social media where, potentially, the smallest piece of seemingly innocuous information can be seen by patients and members of the public. Staff are cautioned against making any comment or posting any images which might place them in a compromising position or threaten their safety.

“By naming the Trust as their employer on social media a staff member can implicate the organisation in their online activity. This can ultimately impact on the Trust’s reputation and if viewed as not acceptable, may lead to formal action.”

Ways to protect yourself

1. Your online reputation matters as much as your real-life, professional reputation – everything you post online represents you as a professional healthcare provider
2. Think twice before you post images or personal information about a third party - these actions may constitute a criminal offence or attract civil liability in their own right
3. Be mindful of using social media when your judgment is impaired, for example after consuming alcohol
4. Be careful with what you post and treat others as if you were in a face-to-face situation
5. Even though you may feel provoked at times, you should always strive to be business-like and remove yourself from arguments and comments
6. It’s always best to err on the side of caution and protect your privacy so check your privacy settings carefully
7. If you don’t want to be to easily searchable on Facebook you might want to open an account in a name only known to you and your contacts, and not use a photo of yourself.

The Trust’s social media accounts are monitored by the Communications Team. If you have any questions about these or need advice on managing your own social media accounts contact commsteam@york.nhs.uk or call 7725233.
From April the Trust is introducing a new Star Award nomination form to better reflect how the person nominated demonstrates the Trust’s values, as this is the basis for the award criteria. It will be easier to complete and will provide prompts to ensure the criteria is met.

The Star Award is the Trust’s monthly award programme for individuals, teams and volunteers, which recognises the achievement of those who have made a difference by doing something extra in their everyday work for patients, visitors or colleagues. During 2016 the Trust received a record 300 nominations, of which 80 were submitted by members of the public.

Chief Executive, Patrick Crowley, said: “I am delighted that the Star Award process has gone from strength to strength. It is right that we recognise and celebrate the care we provide for our patients, sometimes in the most difficult of circumstances.”

All nominees and nominators are invited to attend a monthly presentation ceremony with the chief executive, where the finalists are announced. All nominees and nominators receive a coveted star award badge.

If you want to nominate someone for the Star Award please visit www.york.nhs.uk/staraward to complete an online nomination form.

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**January finalists**

**James Rushby, Palliative Care Clinical Nurse Specialist, York Hospital**

Thanks to persistence, determination and the genuine desire to go that extra mile for patients, James Rushby delivered excellent care to a patient who had uncharacteristically failed to attend multiple appointments.

After checking with neighbours and her GP and still failing to locate the patient, James called 111 for police assistance.

They entered the patient’s property to find the elderly lady lying on the floor, where she had been for 24 hours with a fracture.

Providing support and reassurance to the patient throughout her ordeal, James also supported the ambulance crew and contacted her son who lived in the USA to inform him of his mother’s situation.

**Emma Garner, Staff Nurse, Critical Care Unit, York Hospital**

Emma was nominated for facilitating a complex end of life of life plan that granted a young patient her wish to die at home.

Despite the complexity of the case and the fact that this was a discharge not usually handled by critical care nurses, Emma was able to arrange the complicated discharge in a matter of hours.

Organising medications, transport, district nursing and hospice at home - all while still caring for other critical care patients - Emma’s care and attention allowed the woman to be granted her wish of dying in familiar and comforting surroundings.

**Anthea Downing, Play Team, York Hospital**

Thanks to months of work researching cystic fibrosis in children, Anthea has helped ease the trauma of children who regularly face worrying procedures. The children’s play team provide valuable distraction and reassurance which helps clinical teams when providing treatment.

Anthea’s extra work to understand the disease, its complications and treatments, much of which has been in her own time, has seen her become a recognised and valued addition to the team. Parents and children with cystic fibrosis now lean on her as a familiar face to help them through their most anxious moments.

**Julie Dale, Palliative Specialist Nurse, York Hospital**

Working on a Sunday, without many of the key members of staff available to help, Julie organised a difficult discharge for an end of life patient who wished to pass away at home.

After it was made clear the patient only had a short amount of time left, Julie maximised the time the patient and family had left by providing timely discharge. This was invaluable to the family who thought they’d have to wait much longer for their wish to be granted in the circumstances.

None of this would have been possible without Julie’s commitment to patient-centred care.

**Sheena Campbell, Healthcare Assistant, Bridlington Hospital**

Sheena was nominated for her work with Ruth, a dementia patient, whose condition had progressed at a faster rate than her family were prepared for.

Part of Ruth’s routine involved caring for her soft toys which played a big part in her life. Noticing this, Sheena used her own time to sew bespoke items for the soft toys based around Ruth’s favourite colours, textures and items.

Ruth’s family was overwhelmed by the thoughtfulness of this act which ensured that her and the family’s experience was as comfortable as possible in the circumstances.

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Staff from the learning and development department were finalists in the Health Education England (HEE) Talent for Care Awards, held in Hull this month.

In the leadership category Cathy Skillbeck, Clinical Workforce Development Co-ordinator and Julie Colquhoun, Learning Co-ordinator were nominated for their work in promoting workplace learning to staff in bands 1-4. They were also selected for their passion and commitment to lead on the implementation of the new Department of Health Apprenticeship Agenda.

Gail Dunning, Deputy Director -Organisational Development, said: “Both Cathy and Julie have a long and established history of supporting and initiating new approaches in order to develop our healthcare support staff, each within their different portfolios. Both are passionate in developing ‘people’. “Over the past six months Cathy and Julie have worked tirelessly, using every opportunity to learn more about the new apprenticeship agenda and share this knowledge as widely as they can. We are delighted to see them recognised by Health Education England.”

HEE hold the awards event, attended by around 200 people, to promote those who support staff learning opportunities and highlight the many success stories and benefits from investment in training and development.

Front row from left: Cathy Skilbeck, Gail Dunning and Julie Colquhoun. Back row from left: Michelle Page and Anne Devaney

One thing the Staff Matters team has noticed when putting this magazine together is how many people we meet across the Trust who love their job. Despite the challenges of working for the NHS, so many of you love what you do regardless – and its inspiring. Each month we’ll be looking for people who love their job to tell us just why they love it so much.

Who are you and what do you do?
Rebekah Walkington, Bridlington Hospital Secretary. Providing secretarial and admin support to Mark Hindmarsh (Head of Operational Strategy) and all the Wards and Departments at Bridlington Hospital. With no hospital manager currently on site at Bridlington I seem to be the first point of contact for the hospital, providing a communication link between the other hospital sites with information to the Wards and Departments at Bridlington.

How long have you worked for the Trust?
12 years

What attracted you to work for the NHS?
Different type of administrative role and environment – previously worked in HR at Sara Lee Bakery and East Riding Council.

What do you like best about your job?
Every day is different!!! Enjoy helping people and with being a smaller hospital (and living in Bridlington) – it has a real sense of community spirit where everyone will help anyone.

What’s a good day for you?
The satisfaction of completing your daily tasks and knowing you have helped someone.

What’s the best bit of advice you were given?
Treat people as you would like to be treated yourself.

Who are you and what do you do?
Michael Shanaghey. I’m one of the Assistant Directors of Nursing with specific responsibility for nursing at the York site. I work very closely with the Matrons, the directorates and other corporate teams such as HR, finance, organisational development on patient safety, experience and effectiveness.

How long have you worked for the Trust?
I have been employed at the Trust since June 2016.

What attracted you to work for the NHS?
I started work in the NHS when I commenced my nurse training 29 years ago. I didn’t know what I wanted to do when I left school but nursing and the NHS has offered me diverse and varied opportunities that other employers may not have.

What do you like best about your job?
I love working with people and enjoy being able to contribute in the improvement and development of our services for patients and their relatives and carers.

What’s a good day for you?
Being out in the wards and departments and connecting with teams and their patients.

What’s the best bit of advice you were given?
Treat people like how you would want to be treated yourself.
As NHS Sustainability Day approaches, what better time to reflect and consider the impact we have on our environment.

For instance, did you know the Trust’s total carbon footprint in 2014/15 was 116,745 tonnes? A carbon footprint is a measure of the impact our activities have on the environment. It calculates all the greenhouse gases we are expected to produce in all our activities and measures them in units of carbon dioxide. Everyone, including organisations, has a responsibility to reduce their individual carbon footprint, and there are lots of ways to do so. The Trust, as one of the largest employers in the county, consumes significant quantities of energy, fuel and water, produces large volumes of waste and spends £millions on procuring materials and equipment to deliver a broad range of high quality healthcare services.

How are we doing?

2,090 tonnes

The UK produces more than 100 million tonnes of waste every year. In 2015/16 the Trust’s overall waste was 2,090 tonnes… that’s about the same weight as the London Eye to give you an idea. We have reduced our overall waste by 8 percent since 2013/14.

527 tonnes

The waste the Trust recycled during 2015/16 was 527 tonnes… that’s 25.2 percent. When empty the space shuttle Endeavour weighs 71 tonnes – so we saved the equivalent of over seven space shuttles!

What we recycled – in tonnes

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<thead>
<tr>
<th>Type</th>
<th>Tonnage</th>
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<tbody>
<tr>
<td>Cardboard</td>
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<tr>
<td>Confidential</td>
<td>103</td>
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<tr>
<td>Dry mixed recycling</td>
<td>93</td>
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<tr>
<td>Metal</td>
<td>48</td>
</tr>
<tr>
<td>Food waste</td>
<td>13</td>
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</tbody>
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Since 2007 carbon emissions per patient contact have decreased by 29 percent.

The staff pool car system has delivered a 40 percent reduction in CO2 emissions - compared to staff using their own car. Did you know a 15-second lift journey consumes as much energy as a 60W bulb does in an hour?

Over the next 12 months the Liftshare scheme will result in CO2 reduction of 75.85 tonnes and mileage savings of 385,996 miles. To give you an idea how much we are the average distance between the Earth and the Moon is about 240,000 miles!

Since 2013/14 we have reduced the electricity that we buy from the grid by 42 percent due to the fact that we now generate more than half of our day time electricity and most of the night time electricity from the new Combined Heat and Power engines that have been installed at York, Scarborough and Bridlington Hospitals, this equates to approx £1.6m reduction in energy costs.

The refurbishment of the Scarborough, Bridlington and York hospital energy centres means carbon emissions are projected to be cut by 6,800 tonnes a year – a reduction of around 27.8 percent.
One of the most exciting things about working in healthcare is that you can make a difference anywhere in the world.

Staff Nurse Miriam Howson who works in coronary care at York Hospital tells us about her recent experience of working in Africa. “The Republic of Congo jungle, where I spent five weeks in the autumn of 2016, was a world away from my usual job as a staff nurse on coronary care! Working at a rural African hospital was something I had wanted to do again after I had previously had a nursing elective placement in Uganda. “I was eager to use my cardiology knowledge and experience to help those who live in poverty and lack access to good healthcare. I never thought that my speciality would come in so useful in the heart of the jungle – at a Christian mission hospital with only one doctor – but it did. I taught the staff about hypertension, heart failure, coronary artery disease and resuscitation and introduced them to the defibrillator I had acquired as a donation prior to leaving the UK. “Being involved in the daily ward rounds, reviewing patients and prescribing medication and treatment, required a great deal of patience, flexibility and adaptability. I learnt lots too - especially about trauma and tropical illnesses. Helping out in theatre and maternity was challenging, although exciting and very rewarding, as I even had a baby named after me! “The experience was often frustrating due to language and cultural barriers. French is the national language spoken by the hospital staff, and I enjoyed the challenge of communicating and teaching in French. As most patients spoke Lingala, I had to rely on translators to assess and talk with most patients. During my trip I met lots of amazing people and enjoyed living with American volunteers. “There were lots of interesting cases at the hospital but some stick out in my memory. The twins (pictured below) were successfully treated for malnutrition – they originally weighed less than healthy new-borns despite being 7 months old! It was a joy to hear they were discharged the week after I left. “I was eager to use my cardiology knowledge and experience to help those who live in poverty”

Miriam Howson on her mission
Diabetes lead elected to national body

Vijay Jayagopal, Consultant in Diabetes and Endocrinology at York Hospital’s Diabetes Centre has been elected to the national committee of the Association of British Clinical Diabetologists (ABCD). He will take up the post from 1 May 2017.

The committee works to foster clinical relationships among colleagues with the overall aim of improving patient care.

Vijay was elected to his three year tenure by members of the association who are diabetes consultants from across the UK.

As clinical lead for the York diabetes service for the last eight years, Vijay will now bring his experience and his work as local clinical champion for Diabetes UK to a national level.

Vijay said: “I’m delighted to have been elected to the ABCD committee. Professionally it provides me an opportunity to expand myself and participate in the planning for diabetes care provision at a national level.

I will have the opportunity to contribute to national initiatives in diabetes as a representative of the NHS Diabetes Consultant body.

“Similarly, I will have early access to information on changes planned to services and development opportunities which will be helpful in shaping our local service development.

This will help us plan ahead to prepare and benefit from enhancement opportunities for our service and in patient care.

“As a teaching hospital it does enhance the reputation of the Trust at a national level.

We have several clinicians representing the organisation at national committees and I would encourage more colleagues to take on national roles.”

New face for PALS

The Patient Experience Team is delighted to welcome Elaine McQuade to the Patient Advice and Liaison Service (PALS).

Elaine joined the team in March, having previously worked in the organisation as a Data Quality Analyst. Elaine is based in the PALS office at York Hospital and will be offering impartial advice and assistance to patients, their relatives, friends and carers.

Research news

Congratulations to the team at York Hospital for being recognised as the top recruiters in 2016 for the Rheumatoid Arthritis medication study. The team recruited more than 300 participants.

The study involves a collection of clinical data and blood samples from patients who are about to start therapy with methotrexate and then follows them prospectively to assess response to therapy over the first year of treatment. It aims to recruit 2000 patients.

Action for World Kidney Day

This year’s World Kidney Day on Thursday 9 March, saw staff raising awareness with an information stand in the foyer of York Hospital.

The theme for 2017 was ‘kidney disease and obesity’ and the team had information about diet and nutrition, being more active and donating a kidney.

The awareness day also prompted renal patient Karyn McColl to create a one woman campaign in the local press to highlight the importance of kidney transplants.

Karyn, 27, attends the renal unit four times a week for dialysis. She is awaiting her third kidney transplant.

Karyn said: “If just one person reading the article signs up – and equally importantly, tells their family that they want their organs to be made available for transplant in the event of their death - it will be worth my speaking out.”

She suffered kidney failure as a child because of an auto-immune disease but enjoyed healthy teenage years after her father gave her one of his kidneys when she was 11.

The transplant failed when she was 18 but her stepmother was found to be a suitable match and gave her one of her kidneys, which gave Karyn several more healthy years until it also failed when she was 24.

Around 40 people a day receive dialysis at York Hospital.
How much sleep is enough?

We often hear that eight hours’ sleep is the ‘right amount’ of sleep. This may be the case for many people but our needs differ from person to person. Margaret Thatcher famously claimed to have survived on five hours sleep per night.

Our sleep requirement changes throughout our lives, with babies sleeping approximately 16 hours per day and elderly people sleeping as little as 5-7 hours. Most people experience sleep difficulties at some point in their lives, whether short-lived or longer term insomnia.

Prolonged sleep deprivation can impact on a person’s emotional and physical wellbeing. Sleep problems are often, though not always, a component of mental health issues. Sometimes they may contribute to them and sometimes they may be a symptom of them.

The good news is that small changes can make a big difference to getting a good night sleep. Our wellbeing partners at Well Online have produced a useful factsheet to help with sleep problems available from www.well-online.co.uk or click here to download http://bit.ly/2mbp07o

Park House staff urged to step into action

A SPECIAL event was held at York’s Park House to launch a pilot scheme promoting health and wellbeing to staff. Most of the 200 staff in Park House are desk-based so the scheme offers a unique opportunity to encourage people to reduce their sedentary behaviour by taking small steps towards becoming more active.

The event included a ‘just 10 minutes’ physical activity programme delivered by cardio-rehab nurse Nicky Cockerill, and good posture workshops sessions by physiotherapist Tony Blackwell which ran throughout the day on a drop-in basis.

Helen Hardwick, Project Manager, said: “Launching with a health and wellbeing day gave staff access to sessions that they would not normally be able to attend. Not only did people pick up a lot of tips to improve their health it was clear that being more active was fun. “Getting people together also gave us the opportunity to listen to much needed feedback to help shape the services moving forward.”

An information hub included tips on better posture, funding for physical activity, mindfulness and meditation. In addition there will be signage on all floors to encourage people to use the stairs more and the lift less, explaining the amount of steps and calories burned on each floor for a return journey.

Helen continued: “There is much evidence to suggest that climbing stairs and walking has many health benefits. “It’s an easy fix for those sedentary staff that do not want to join a gym or group exercise and it can fit easily into their everyday lives.”

Did you know?

• Climbing just eight flights of stairs a day lowers average early mortality risk by 33 percent
• Seven minutes stair climbing a day can halve the risk of heart attack over 10 years
• Just two minutes extra stair climbing a day is enough to stop average middle age weight gain

Changes to transfer process

CHANGES have been made to the registered nurse and healthcare assistant transfer process which will take place with immediate effect across all sites of the Trust. Registered nurses and healthcare assistants will no longer be able to submit transfer request forms at any point during the year. Instead, there will be the opportunity twice a year, in March and September, for HCAs and RNs to submit transfer requests to the Chief Nurse Team. This is to ensure that all staff are treated fairly and equally as well as ensuring that the Chief Nurse team can maintain oversight of the vacancy position across the Trust.

The first opportunity for request transfers will be live between Monday 20 March to Sunday 2 April 2017. All details are available on Staff Room.
STAFF BENEFITS

A regular section provided directly for you by the Staff Benefits Team bringing you the latest benefits as a staff member of the Trust. Whether you are looking for a better work-life balance, want advice in making healthy lifestyle choices, or just to see what discounts are available to you. For all of your benefits go to the staff benefits section on www.york.nhs.uk/staffbenefits or call the team on 01904 721170 or 771 5262. Follow staff benefits on Twitter and Facebook @YHstaffbenefits StaffBenefitsYHFT

New Halfords Cycle2Work scheme

Cycling to work has benefits for everyone – whether you’re nervous novice or endurance enthusiast.

Save time spent waiting for public transport or sat in traffic and save money on fares, fuel or parking – all while keeping healthy with regular exercise.

Save over 32 percent on a new bike by shopping at Halfords and other independent bike stores.

You also get a one year bikecare plan on all Halfords and Cycle Republic bikes bought in store.

A 20 percent discount card is given to all scheme members for selected cycle parts and accessories during the initial hire period.

Go to www.cycle2work.info and our Trust code is YTHNHSC2W or call Staff Benefits if you want to find out more.

Fitness class programme

**TAK**E a look at the fitness class programme – there might be a class that suits you!

**York Hospital Physio Gym**

**Mondays**

Circuit Training - 5.15pm to 6pm

£3 payable to the instructor on the night

**Wednesdays**

Fitness Yoga - 5.15pm to 6.15pm

£5 payable to the instructor on the night

**Thursdays**

Pilates - 5.30pm to 6.30pm

£3 tickets available from the staff shop

**Scarborough Hospital**

Sniper Fitness Boot camp sessions are available for Monday, Wednesday and Friday's 5.30pm to 6.30pm. The enrol page and information regards the #teamNHS bootcamp can be found clicking this link http://bit.ly/2mnRNXm or visit www.sniperfitness.com

Something for you


Waterpark tickets

 TICKETS for the Alpamare Waterpark, Scarborough, are now available at a discount from staff shops. The park is open Monday to Saturday 10am until 10pm and Sundays 10am until 9pm. On entry you will be given a band which allows you up to four hours of fun.

Tickets prices are adult (16 and over) £17.50, child (6 to 15 years) £13.50 and a family ticket (two adults and two children) £55.

Children under six are free.

Flamingoland tickets on sale

FLAMINGOLAND tickets will be sale from the 1 April 2017 for £26.

Cinema tickets

UNFORTUNATELY, the price of Vue and City Screen cinema tickets will increase from April. The price will be £6.75, which is a 25p increase, however still a great saving.

NEWS

Radiographer’s stroke award

CONGRATULATIONS to radiographer Sharon Bolton, pictured right, who has won an award for the highest scoring abstract poster at the UK Stroke Forum 2016. The forum is hosted by the Stroke Association and is attended by more than 1,500 delegates. Sharon has taken specialist training that has qualified her to report MRI and CT head imaging. Lisa Shelbourn, Directorate Manager, said: “With the support from Mike Porte, Consultant Radiologist, and some external training, Sharon now has an extended role enabling her to produce specialist head reports in the same way that our consultants do.”
Trust-wide dementia appeal launch

YORK Teaching Hospital Charity is excited to launch its next major appeal for dementia services across our hospitals in April.

With your help, the charity wants to raise £200,000 to fund multiple projects to help support patients with dementia and make their time spent in hospital more comfortable.

What will the appeal achieve?

Big or small, all donations help. With your support, the charity wants to raise enough money to fund the following:

- Supply patients with activities while they are in hospital; memory boxes full of reminiscent cards, photos and games to stimulate their early memories.
- Portable and personal CD players with an assortment of music from different eras that will help people keep calm and relaxed.
- Buy some special computer systems designed specifically for people living with dementia to use on the wards.
- Make changes to the patient environment to make the area as comforting as possible by means of special clocks, lighting and toilet seats which will reduce confusion and stress.
- Create a specific Dementia Friendly day room on the Johnson Ward at Bridlington Hospital.

How you can help

In order to raise £200,000 the charity needs everyone to get involved with the appeal. This could be through holding or joining in with a fundraising event, volunteering for the charity or simply making a donation.

If you are interested in holding a fundraising event, the team would be more than happy to discuss your ideas and provide you with further information to get you on your way!

Visit their website for more information and appeal updates www.york.nhs.uk/dementiaappeal

Together we can.

Cardiology training leads the way

CARDIOLOGISTS from York Hospital have recently led the way by organising an innovative, educational training day for health professionals from across the region.

It was the first ever regional event based on highlights from the European Society of Cardiology, who share knowledge throughout the EU to advance the prevention, diagnosis and management of diseases of the heart and blood vessels.

Christine Rallison, Lead Cardiac Rehabilitation and Education Co-ordinator, organised the event for delegates from north and east Yorkshire. It was chaired jointly with Rashed Hossain, Specialist Registrar in Cardiology.

Rashed explained: “Cardiovascular disease is the biggest killer in Europe, accounting for 4 million deaths per year. It costs the EU economy an estimated 196 billion Euros per year. “Christine, along with consultant cardiologists from York Hospital, dedicated their valuable time to deliver the training day on cardiovascular medicine and share updates from recent European guidelines.

“This regional training day was an excellent platform for live interactive sessions with prominent professionals, including cardiologists from York Hospital, to discuss effective patient management and overall care in cardiac patients. The lectures on different cardiovascular topics were designed specifically for professionals to be able to offer better care for their patients.”

The event, held at the Monkbar Hotel in York, attracted doctors, nurses, governors, community specialists and healthcare providers from as far afield as Hull, Harrogate, Wakefield, Leeds and private healthcare bodies such as Ashfield Health Care Groups.

Rashed added: “The overall feedback was excellent and written evaluation has once again highlighted the Trust’s on-going achievements in delivering education and training.”