The Trust’s specialist skin cancer service is celebrating its first birthday by backing a national Sun Awareness campaign at Scarborough Hospital on 7 May and York on 10 May.

Sun Awareness is the British Association of Dermatologists’ annual campaign to raise awareness of skin cancer. The campaign runs from April to September annually and includes Sun Awareness Week in May.

There are two Macmillan Skin Cancer Nurse Specialists working within the Trust with bases at Scarborough and York as part of the Skin Multidisciplinary team. Their work involves providing support for patients at diagnosis and information and education about skin cancer.

Janet Parish, Macmillan Clinical Nurse Specialist Skin Cancer for Scarborough, Bridlington and Ryedale, (pictured right), explained: “Skin cancer is very common in the UK and is rising. Too much ultraviolet (UV) radiation from the sun or sunbeds is the main cause of skin cancer. We want to encourage people to enjoy the sun safely, taking care not to burn and avoiding sunbeds, you can reduce your risk of developing skin cancer. Finding skin cancer early saves lives.”

Lucy Skelton, (pictured left), based at York, added: “We are just beginning our second year at the Trust and we’re delighted to be able to provide the specialist support for people that has not been available in the past. Getting diagnosed with skin cancer can come as a shock and it can be a very emotional time for people. It affects all sorts of people, not just those who have spent years holidaying in the sun.”

New UV App

A new app called World UV App has been created by the British Association of Dermatologists in partnership with the Met Office to provide a free daily UV forecast for over 10,000 locations worldwide. Available for i-phone and android smart phone users, the free app lets people see what the peak UV is virtually anywhere in the world, and gives handy advice - according to skin type - on the type of sun protection needed. For most skin types this will include: spending some time in the shade between 11am and 3pm, wearing a sunscreen with SPF30 (or more) and good UVA protection, and making use of clothing such as a long sleeved shirt and a wide-brimmed hat.
Cancer Care Centre project

WORK has now begun on the Cancer Care Centre walkway and courtyard project at York Hospital and will continue through May and June. Minor disruptions are expected during the main courtyard works and changes to the walkway. The area is being redesigned to create a more welcoming and defined entrance to both the Cancer Care Centre and the Magnolia Centre, and to create a garden where patients and their families have an outside space to access.

Jen Bennison, Project support Officer for Capital Planning, explained: “This project has created a great deal of enthusiasm and anticipation from patients so our team are absolutely delighted that we’ve reached the stage where work has begun on site. There will be some noise and inconvenience for those passing through to the Magnolia Centre, Cancer Care Centre and the central cycle store as various pieces of work take place for a few weeks but we hope it will all be worth it. This is a fabulous project which will have huge benefits to patients on completion.”

The project is being funded by charitable funds and people are still welcome to donate or raise funds. Please contact the York Teaching Hospital Charity for further information on fundraising on 01904 724521.

Dementia awareness Week

REPRESENTATIVES from the Alzheimer’s Society will have a stand in Scarborough Hospital to highlight Dementia Awareness Week from 19-25 May.

As people are living longer we all facing a higher risk of one day developing dementia. The Alzheimer’s Society helps people recognise the signs and give advice on how to cope if you or someone you love develops dementia. The theme for this year’s Dementia Awareness Week is talking.

New Chief Nurse’s team announced

FOLLOWING key changes within the corporate teams to better support the critical work of integration, a new Chief Nurse’s Team has been announced.

Deputy Chief Nurse, Beverley Geary, has been appointed permanently to the role after having been on secondment with the team. Pamela Hayward-Sampson and Becky Hoskins both become Assistant Directors of Nursing. Vicki Parkin is Deputy Director of Infection Prevention and Control Strategic Lead. Liz Ross returns to the Trust after secondment to the SHA and has been appointed Acting Head of Midwifery.

Libby McManus, Chief Nurse, said: “We are looking forward to working ever closer with sisters, charge nurses and matrons to ensure we deliver against many expectations - including our own which are high!”

Celebrate of learning event takes place

Over the last year the Organisational Development and Improvement Learning (ODIL) team has been working with the NHS Institute for Innovation and Improvement to deliver service improvement workshops throughout the organisation.

After experiencing some excellent results in delivering quality improvement projects, a ‘Celebration of Learning’ event was held recently so that these results could be shared.

Sue Holden, Director of Applied Learning and Research, said: “It was a great opportunity to showcase the fantastic improvement work taking place around the organisation. It has really highlighted how staff have been able to use their learning to excellent effect. Congratulations to all the participants for being able to use their learning so effectively in practice.”

People were also given the opportunity to vote for the ‘best improvement project’ which went to Sue Tyce, Productive Ward Programme Support Officer from the Corporate Nursing Directorate.

Sue’s project is aimed at reducing interruptions for nurses during drug rounds by raising awareness of what is actually happening in order to make the rounds safer. It also releases nurses to have more time to care for patients by making the rounds shorter.

For the latest information on services, courses and coaching please contact Sarah Sheldon, Corporate Development Administrative Coordinator on sarah.sheldon@york.nhs.uk (01904) 72 1040 or search for “ODIL” in the Horizon search box.

Participants with Beverley Leckenby from the NHS Institute for Innovation and Improvement and Adelle Roberts, ODIL Facilitator who worked together to facilitate the programme.
On NHS Change Day, Chief Nurse Libby McManus pledged to learn about social media techniques, in particular Twitter, for engaging or communicating with staff.

What made you choose this pledge?
“I pledged to learn about social media techniques so I could better engage and communicate with staff. I had seen just a couple of other Chief Nurses use Twitter to engage with staff, media and the public and do it in a way which recognises the good in our caring professions - especially nurses and midwives. I thought this was a particularly good idea just now when we all need to hear the positive experiences of patients and build on these.

I was also conscious that communicating and reaching out in a new dispersed organisation was a real test for me and I wondered how something different might work. I was curious - so, a good place to start.

How have you found it so far?
“I am no luddite - I like a few gadgets and gizmos as much as the next man ... but I am beginning to wonder about my ability to change as quickly as our technology does these days! It was during one matrons’ meeting that I announced my intention to Tweet - I am not sure that I have ever seen that many matrons look quite so scared. However after some much appreciated support from @YorkTeachingNHS comms team - I started - set up an account and thought about *following* someone. I now follow 94 others - including professional publications, local practice groups, international change gurus and …some of you!

What have you learned and what will you change as a result?
“In order for it to work I had to think about developing my own followers - I started locally with the matrons - thinking about what messages I was trying to get out and who would be interested in them and why.

“I have learned that in order for it to work better I need to think about the messages I need to distribute, to whom and why. It takes discipline too - so having a look at the account every now and then during the day is essential as part of the point is speedy communication - getting messages out quickly.

“I am going to continue and listen to feedback from others. I’d like to know more about what people might want and how that will help them in their professional areas. I am going to ask student nurses and midwives particularly about their use of it and learn from them. All under the social media policy of course!”

Thinking of Tweeting? Here’s a few tips...

**What is Twitter?**
It is a social network best described as a microblogging service. A Tweet is a short (max 140 characters) message that any Twitter user can post.

**Getting started**
To start, head to twitter.com and go to the “Sign Up” box. You’ll be asked for your full name, email, and password. You’ll be asked to create your username which is the official name you go by; it’s a unique name that people can use to identify and find you. It’s what you see after the @ sign and is a maximum of 15 characters. You can use your real name or a version of your username but think carefully as it may help people to find you. A short biography ‘sells’ you to other people and the ‘me’ button keeps you up to date with your profile – who you are following, people following you, and how many tweets you have sent.

**Following others**
Whenever you follow someone, all of their Tweets appear on your dashboard, which is the page you see when you visit Twitter.com. The tabs across the top have different functions: home is your dashboard; connect shows all your interactions; @ records your ‘mentions’; discover is a smart function tailored to you based on your location, interests, followers, connections; tweet opens up the blank tweet screen; the me tab lets you edit your profile and get an overview of your account.

**Tweeting**
A tweet is a message posted on twitter. Remember you only have 140 characters but you can add links, videos or photos.

**Twitter conventions**
#hashtags- enter a hashtag into the search and find all related content trending - themes (usually hashtags) which are generating the most activity on twitter at a given time
RT – retweet – sharing something that someone has already tweeted
MT – modified tweet – something that has been retweeted but slightly modified
FF – #FF stands for “Follow Friday.” Twitter users often suggest who others should follow on Fridays by tweeting with the hashtag #FF.

**Risks and pitfalls**
It is important to remember that Twitter is instant and very public. Before you get started think about why you want to use Twitter, and what you will do if things go wrong. If you use Twitter you are responsible for what you choose to tweet, but please remember if you are tweeting about your work that all public-facing communication can have an impact on the Trust’s reputation. The communications team are happy to provide advice on using Twitter professionally.

**Suggestions to follow**
Libby McManus: @libbymarymc
The Trust’s Twitter feed: @YorkTeachingNHS
Trust recruitment: @yorknhs
York Teaching Hospital Charity: @YorkHospCharity

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Staff Matters
Hand Hygiene Day in Scarborough and York

SPREADING the message of good hand hygiene has never been more important in light of the recent outbreak of norovirus in our hospitals. Hand hygiene day takes place on 5 May and to mark the occasion there will be stands in the foyer of York and Scarborough Hospitals on Friday 3 May to raise awareness.

Come and visit the stands for more information or why not come and take the light box test where you can find out just how good you really are at washing your hands!

‘Every Contact Counts’

The recent ‘Every Contact Counts’ event saw Health Care Assistants and Maternity Support Workers from across our organisation come together to learn about pressure ulcer prevention and to engage in championing comfort rounding as a way to do this. The Trust is aiming for a 50 per cent reduction in the number of ulcers, and no grade 3 or 4 ulcers, by March 2014. This is part of our overall pressure ulcer prevention programme (PURP).

The event was inspiring and motivating, providing staff with the opportunity to explore their role and responsibilities when caring for our patients. As staff who work on the front line they are vital in achieving zero tolerance towards pressure ulcers and providing safe, high quality care.

In the coming weeks and months as the PURP evolves there will be increased communication across the Trust, including information on the progress of the task and finish groups and what they are contributing to delivery of the plan.

Everyone at the event was given a resource pack which included the new comfort rounding documentation as well as information on how to assess the skin, and different categories of ulcer.

A briefing document regarding the event will be circulated to managers, along with the resource pack.

June bike ride to benefit diabetes patients

In June members of the North Yorkshire Diabetic Eye Screening Programme (NYDESP) will be undertaking a 132 mile sponsored bike ride from Skipton to Bridlington over three days. The team will be stopping at a number of GP surgeries where they currently provide mobile screening service so are hoping to meet patients and staff, hand out posters and flyers and enjoy a well-deserved cuppa! They are hoping to raise funds along the way to be equally shared between Diabetes UK, York Diabetes Centre and York Eye Clinic.

Eye Screening Programme (NYDESP) provides eye-screening appointments to over 36,000 people with diabetes across North Yorkshire, but some are unaware that sight loss is a complication of the disease and do not attend these appointments. To help increase uptake NYDESP wants to raise the awareness of diabetic eye screening in preventing sight loss and promote the benefits of screening.

Anyone wishing to support the team can make a donation on their just giving page www.justgiving.com/NYDESP

From left: Louise Collins, Shelley Widdowson, Liz Taylor, Martin Fletcher and Emma Precious
Hospital puts Malton maternity services on map

The future of maternity services in Malton is looking bright after the completion of refurbishments to the first floor maternity unit at Malton Hospital. The unit provides midwifery services for women across an area of approximately 250 square miles over Ryedale.

The project, which was funded by North Yorkshire and York PCT at a cost of £248k, was celebrated by staff and invited guests at an official opening on 22 April.

Midwife Lynda Fairclough who leads on the midwifery service for Malton said: “Maternity services are very much alive in Ryedale. This modernisation programme will enable the team to deliver maternity care in safe, modern, fit for the future premises, and will benefit on average 500 women and their families from Ryedale each year.”

Two new antenatal clinic rooms have been created as well as improved waiting area facilities and children’s play area. In addition there is a new day room offering comfortable surroundings where parent education, postnatal drop-in clinics, baby feeding support and newborn hearing screening is available.

Lynda continued: “The new colour scheme and furnishings have been chosen by the women who access the service with contributions from staff. We feel privileged to receive this investment in the future of our maternity service and look forward to sharing it with the Ryedale community.”

Mike Proctor, Deputy Chief Executive, said: “The project provides significant improvements to the environment for staff and patients with brand new fixtures and fittings throughout. This includes new ceilings, lighting, doors, floor coverings, furniture, equipment and modern and welcoming decor. The delivery of safe, effective and efficient midwifery care is of the utmost importance right across the Trust and key to this is the investment in the maternity unit refurbishment in Malton.”

The maternity team at Malton hospital currently staff the unit seven days a week from 08:30 -16:30 where antenatal care includes clinics and day assessment services, parent education and postnatal drop-in clinics. The team also provides outreach antenatal and postnatal services and on-call home birth service.

Trust takes part in developing new birth checklist

THE TRUST is taking part in a new project to improve the safety of women and babies during labour and birth. The Birth Checklist project is in its first stages of developing a new, simple checklist to make child birth safer. Funded through a Health Foundation Grant and delivered by NHS Quest, the project works closely with midwives and local mothers and birth partners to develop the checklist.

Debby Gould of NHS Quest, explained: “We know that childbirth in England is very safe but we want to make it even safer. The birth checklist will put a system together so that everyone involved during birth, from the mother, birth partner, midwives to all clinical staff, will have an interest in making birth as safe as it can be. Our first meeting was all about sharing ideas with staff and mothers, hearing their thoughts and bringing it all together.”

The Trust is piloting the checklist on behalf of NHS Quest. Freya Oliver, Matron for Maternity Services, said: “It has been really interesting to explore how we might be able to offer some clarity to birth partners on what they can offer to their partners and how that might help clinical staff in these increasingly challenging times.

“We had over 150 years maternity experience present at the meeting and staff are focussed on developing the birth checklist so the care we offer to mothers is as safe as it can possibly be.

“The aim is to build a safety net for midwives, women and birth partners to help each other.”
Get your running shoes on for charity

The YTHC still has places available in the Jane Tomlinson York 10k on Sunday 4 August.
The charity is trying to fill as many places as possible so why not run with a group of friends, family or work colleagues? Share the challenge and increase the fun while raising vital funds for your department. A £20 registration fee is required and minimum £50 sponsorship.

Junior runners ready to clock up cash for children’s ward
Taking place on the same day as the York 10K on Sunday 4 August, the Arena Group York Mini and Junior Run is organised by Jane Tomlinson’s Run For All. The Mini and Junior Run is one of the biggest FREE mass participation children’s event of its kind in Yorkshire.

Setting off from York’s Knavesmire, the event comprises two runs – a 1.5km course for 3 to 8-year-olds and a 2.5km route for 9 to 14-year olds – and is entirely FREE to enter for all youngsters.

Children are simply asked to raise a small amount of money for a charity of their choice. This year they are encouraged to raise sponsorship for the children’s Ward at York Hospital. Money raised for the Children’s Ward will replace the out-dated nurses’ station, the first point of call for distressed youngsters and their parents, to create a new warm, welcoming environment for children and their families.

Entries are now open for the Arena Group York Mini and Junior Runs. To sign up go to http://www.forallevents.co.uk/run-for-all/

Delicious Malaysian curry paste for sale
Local Malaysian chef, Jennie Cook, has donated some boxes of her famous authentic Malaysian curry pastes to the York Teaching Hospital Charity.
The two curry pastes are a Malaysian Seafood Curry Paste (suitable for vegetarians) and a Malaysian Meat Curry Paste - both are manufactured in Penang, Malaysia and are based on traditional family recipes.

Both pastes come in 200g foil packets and by simply adding either your favourite meat, seafood or even vegetable you can produce a traditional, flavoursome, aromatic meal for four people in under 20 minutes.
The pastes are available from the Fundraising Office on the main corridor of York Hospital, £1.50 each or £2.50 for two. If the fundraising office is closed packs are available from main reception.

Please contact Melanie Earp on ext 4521 or email melanie.earp@york.nhs.uk for more information.
Packs are also available from Maya Richardson at the Scarborough fundraising office (01723 236210). Maya will arrange for delivery to Bridlington, Whitby and surrounding areas.

Make your Monday a blue fun day
DON’T forget to sign your department up to receive your Monday Blues registration pack!
Mondays are always a little boring so why not add a bit of fun to the day whilst raising funds for your department?
This will be the YTHC’s first flagship fundraising day on Monday 20 May and hopes to get staff, local businesses, schools, nurseries and supporters involved.

The YTHC is trying to bring some fun to a Monday, whether it’s by dressing up in funny blue clothes, holding a cake sale with blue iced cakes or simply taking part in the Monday Blues Sweepstake.
To get your easy sweepstake and fundraising pack today, email charity.fundraising@york.nhs.uk or call 01904 724521.

Hog Roast evening
Buy your tickets now for our Hog Roast Evening at the Hayburn Wyke in Cloughton on Friday 28 June at 7pm. This will be a great night with a yummy Hog Roast and live band. Tickets cost £13.50 each.

For more charity information or to support an appeal, please contact Lucy Lowthian (née Watson) on 01904 721737 or email lucy.lowthian@york.nhs.uk
York’s own view of the nation’s finest landscapes

Stunning photographs of the UK’s National Parks taken by some of the country’s best landscape photographers are now on display at York Hospital. The exhibition was compiled to celebrate the 60th anniversary of the UK National Parks by the North York Moors National Park Authority.

The exhibition includes images from Joe Cornish (North York Moors), Andrew Midgley (Peak District), Val Corbett (Lake District), Chris Tancock (Pembrokeshire Coast) and David Tarn (Yorkshire Dales).

Kat Hetherington, Art and Design Project Coordinator, said: “We are delighted to be working with National Parks to host this exhibition. I am sure these impressive photographs will appeal to the hospital’s visitors, staff and patients alike.”

David Tarn, who chose his picture of the Yorkshire Dales to represent the National Parks, said: “There are two things every landscape photographer needs if they are to succeed. The first is a passion for the subject, and the second is a purpose for their photography. The Yorkshire Dales provide me with a subject I feel passionate about, and the National Park provides a purpose for much of my photography.”

“ar the gentle landscapes of the Yorkshire Dales have held a special appeal for me from very early in my photographic career, and they now form the basis for the majority of my work. I work with the National Park and the Yorkshire Dales Millennium Trust producing for them calendars, greeting cards and a range of postcards.”

Richard Gunton, Director of Park Services for the North York Moors National Park Authority, said: “To see all these diverse but equally spectacular landscapes together makes you realise how incredibly lucky we are in the UK to have so much natural beauty to enjoy.”

The collection of fourteen beautiful works can be seen on the main corridor of York Hospital between junction 7 and junction 8.

... and in Scarborough an artist is on hand

SCARBOROUGH-BASED artist Katie Braida recently took residence in the foyer of Scarborough Hospital to ask staff and the local community to help her create an innovative art project involving thumbprints.

The project has been commissioned by Hafney (Hospital Arts for North East Yorkshire) to create artwork which will feature in the main entrance corridor of Scarborough Hospital.

Katie explained: “For the project at the hospital I wanted to create a work which reflected how individual elements come together to create a whole. Collecting thumbprints from people in the catchment area of the hospital is a simple way of involving lots of people in the project. The marks made in the clay and the thumbprints that are left are all unique and remind us not only of man’s earliest attempts at mark making, but also how technology today is using the thumbprint to recognise an individual’s identity. The simple image created by combining hundreds of these thumbprints causes us to reflect on the wider community of which we are all an essential part.”

The piece will complement the work of celebrated textile artist, Sue Lawty, who is also providing artwork for the reception area.

Jo Davis, Arts Coordinator for Hafney said: “We’re delighted to be working with local artists and the community to help create a welcoming atmosphere for patients and staff at Scarborough Hospital.”
Latest Staff Benefits news

- The Staff Benefits and Wellbeing Fairs will be held on 19 June in York and 22 July in Scarborough. All staff are welcome, please come along and get your mini health check and find out what benefits are available. Free goodies and prize draws are available on the day.
- Yoga classes with Sarah re-commence in the physio gym at York Hospital from Wednesday 1 May, £3.00 per session. New yoga loyalty cards are coming soon, see Staff Room for more details.
- Take advantage of onsite health screening with BUPA. Dates available are 25 June and 29 August. For more details contact Staff Benefits on 01904 721170 or e-mail staffbenefits@york.nhs.uk.
- Don’t forget to join the Staff Lottery by 7 May to be in with a chance to win a Seat Mii car!
- Coming soon: computers and mobile phones by salary sacrifice – watch this space!

Stop smoking

WOULD you like to stop smoking? Expert help is freely available. There are confidential appointments with Specialist Jill Ross at York Hospital on Monday afternoons from 1.30 pm in the Occupational Health room next to Critical Care.

Jill will help you plan and prepare to stop successfully, supply medications on prescription, and support you through a tried and tested 12 week programme to maximise your success.

For your appointment ring the North Yorkshire Stop Smoking Service on 0300 303 1603.

Award for Jacqui and her special team

Congratulations to Jacqui Benson and the school health nursing team for being the Star Award winners for April.

The team was nominated by a colleague for providing exceptional support after her son sadly died recently age 16. He had been diagnosed with a life limiting illness and the team are praised for the overall support they have given over the past 10 years. The team helped organise the wake giving their time freely to bake cakes. Jacqui is given a special mention for being ‘an amazing manager’ and the team are described as ‘the best work colleagues anyone could possibly have’.

Runner up Sue Scott, palliative care support worker in Community Services, was nominated for her dedication to a poorly patient and her husband, not leaving until 3am to drive back to Selby in atrocious conditions.

All the ward sisters and deputies for the Elderly Directorate were also runners up for the exceptional way in which they have managed staffing during one of York Hospital’s most challenging periods. Ward closures, norovirus, staff absences and overall winter pressures created extremely difficult working conditions.

The ward sisters and deputies have been praised for having been ‘very flexible, supportive and understanding’.

Congratulations to all!

Spot the rising stars of the future

The Star Award is a great opportunity for staff, patients and families to let the organisation know about a colleague or team who has shown that extra level of care or customer service.

During the nine months since the launch of the Star Award around 150 nominations have been received and judged by the virtual judging team.

Events manager, Janet Mountain, explained: “There have been some terrific examples of how people have delivered those extra, and in some cases, inspiring levels of service to our patients, their friends and relatives.

“Winners of the award have come from a variety of areas and departments but there is one common theme and that is the way in which they have demonstrated the values and beliefs of our organisation. All have shown great commitment and dedication to delivering healthcare in very challenging times.”

Patrick Crowley, Chief Executive, said: “In recognising these individuals and teams we are acknowledging all the hard work and contributions made by many in the organisation who have not been nominated but who continue to set standards for high level care.”

Nominations can be returned either by e-mail to awards@york.nhs.uk, posted to the Events Team, 2nd Floor Park House, York Hospital or can be posted in one of the ballot boxes, which are located on the main corridors of each site.

For further information, contact Helen Greenley, Events Co-ordinator on (01904) 72 6491 or e-mail Helen.greenley@york.nhs.uk
STAFF BENEFITS AND WELLBEING

‘Open Health’ has arrived

Building on the success of York Hospital’s annual Open Day the Trust is rolling out a programme of smaller and more focused events to be held right across the organisation.

The series of ‘Open Health’ events will feature open days at York, Scarborough and Bridlington hospitals and a series of road shows at community hospitals where both staff and members of the public can participate.

The first Open Health day is scheduled to take place at Bridlington Hospital on Thursday 23 May 2013 between 12.00pm and 3.00pm.

For the first time visitors will be able to see what makes the hospital tick and can find out about the role Medicines Management plays in a hospital environment. Yorkshire Ambulance Service will be on hand to talk about their role in the NHS and an exhibition about the past, present, and future of Bridlington Hospital will be on show.

Janet Mountain, Events Manager, said: “We would really like to give staff the chance to share their knowledge and raise the profile of their own specific service within the hospital. It’s also a perfect opportunity for the public to see inside their local hospital and learn more about the services available. We are also welcoming anyone interested in a career in the NHS so they can find out more first hand by speaking to our staff."

Departments and corporate teams will be represented on the day and will be situated at the T-Junction of the Main Corridor.

Future confirmed dates are:
- New Selby War Memorial Hospital Roadshow, 28 June 2013
- York Hospital Open Departments, 17 July 2013
- Malton Hospital Roadshow, 18 July 2013
- Scarborough Hospital Open Day, 15 August 2013
- York Hospital Open Day, 19 September 2013
- Whitby Hospital Road Show, 24 September 2013
- A date is yet be confirmed for the St Monica’s Hospital Roadshow

For further information or if you would like to be involved in one of the forthcoming Open Health events, please contact Bianca Cipriano on 01904 721006 or e-mail Bianca.cipriano@york.nhs.uk.

Restaurant set for foodie revolution

THE MALLARD restaurant at York Hospital is conducting a survey of their customers to get their input on food choices and menus. The catering team want to find out what people really want, the kind of service they expect and what people are happy to pay.

Retail catering manager, Pierre Gomez, explained: “The Mallard is very much a staff benefit so we want to make sure staff get the chance to have their say in what they want. We want to serve modern contemporary food that suits people’s lifestyles so this is where the survey comes in.

“We’ve already had brilliant feedback on our breakfast buffet, the new healthy calorie counted meal option and our £2.60 meal deal. Now that we have reduced the price of a cup of tea to just 85 pence we’ve seen a lot more people enjoying a cuppa and in particular comments that our new fresh ground coffee is great quality and much cheaper than anywhere else.

“ ‘There’s a lot more to come, a new healthy meal deal is on the way as well as a re-vamped salad bar for summer, so just let us know what else we can do to provide the meals you want!’ ”

“ The survey can be found on Staff Room https://www.surveymonkey.com/s/GWJ78MP and paper copies are available in the Mallard for those who do not have access to a login and also for those members of staff who may be visiting from off site.

“The Mallard is very much a staff benefit so we want to make sure staff get the chance to have their say”
STAFF BENEFITS AND WELLBEING

Health and wellbeing survey

THE HEALTH and Wellbeing of staff is a key priority for the Trust and the Corporate HR Team would like your help to ensure that the support and initiatives provided are relevant and appropriate to staff needs.

Zinnia Ritz, HR Manager, explained: “We would really like to encourage all employees to complete the Health and Wellbeing Survey so that we can get an overall ‘snapshot’ of the current Health and Wellbeing of the workforce. It’s important for us to understand what the term ‘Health and Wellbeing’ really means to each individual. The information will be used to ensure that we provide the right support and advice so that we can more effectively meet people’s needs. We are looking forward to hearing your views!”

The survey will be available until Wednesday 15 May and should take less than 10 minutes to complete. It can be undertaken anonymously if people prefer, however anyone including their name and a contact number will be entered into a prize draw to win a £50 gift voucher for KUKI Spa in York, a BUPA health check worth £69 or a voucher for £10 to spend in the staff dining areas.

Click the online link https://www.surveymonkey.com/s/NZQD8RQ to take you to an online questionnaire. You can also access the survey through Staff Room, and paper copies will also be available at key areas such as the dining rooms. If you have any difficulties in accessing a copy then please contact the HR Team on 01904 725318/5312.

Total Reward Statement

WOULD you like to know the total value of your benefits package as a Trust employee? The Total Rewards pilot scheme featured in last month’s Staff Matters will be available online from 7 May. It will provide information about the value of the full benefits package you receive as an employee of the Trust. The information displayed is based on you as an individual so it is also a great opportunity to see details of the value of your pension on retirement.

As the data has been taken from 31 March 2012 you will not form part of the pilot if you commenced employment with the Trust after the 1 April 2012. Full access to the updated statements will be available later in the year.

Full details of how to register and obtain your Total Reward Statement can be found on April payslips and by visiting www.totalrewardstatements.nhs.uk. Details are only available online so please speak to your manager if you have problems accessing your statement.

The pilot runs for a six week period from the 7 May 2013 until 18 June 2013 so please ensure you view your online statement within this time.

Free books for staff and patients on World Book Night

STAFF and patients at York Hospital were treated to a free book to mark World Book Night. Volunteers from nearby St John’s University hand delivered 20 copies of their favourite book to encourage people to fall in love with reading.

World Book Night, celebrated on 23 April, sees tens of thousands of passionate volunteers gift specially chosen and printed books in their communities to share their love of reading.

The event is about giving books and encouraging reading in those who don’t regularly do so. The idea is to place books into the hands of those who don’t regularly read, reaching out to others and touching lives in the simplest of ways, through the sharing of stories.

As Spring seems to have finally arrived and the daffodils emerge from the remnants of York Hospital’s Bootham Park Court we can report that the demolition is complete and the site is well on its way to becoming landscaped in preparation for future development. The site will also provide some temporary extra car parking for staff.

Work being carried out by Yorkshire Water has led to the recent loss of car parking places for staff near Union Terrace. This has been unavoidable due to a £776,000 scheme to prevent flooding to properties on Union Terrace in York. This means that the hospital’s staff car park at the back of Union Terrace will be closed from mid February until August. There will also be traffic restrictions on Union Terrace.

Bootham demolition

Hospital Volunteer Margaret Fenwick and Stuart Simpson, Help and Advice Desk Receptionist, receiving some of the books
Breakthrough Breast Cancer and Breast Care, the UK’s largest breast cancer charities, have joined forces with York and Scarborough Hospitals to launch the first-ever programme dedicated to improving services for secondary breast cancer patients.

Of the 50,000 women and 400 men diagnosed with breast cancer each year, it is still unknown exactly how many of these patients develop secondary breast cancer. Although incurable, secondary breast cancer can often be controlled for a number of years.

The Department of Health-funded programme launched in March with a training day for nurses from York and Scarborough Hospitals. The two charities are now working collaboratively with the Trust and secondary breast cancer patients to help identify any improvements needed, and decide the best way to put them into place. With an initial rollout of five hospitals across the UK, the programme will be introduced into a further ten over the next three years.

Jackie Fraser, Macmillan Advanced Clinical Nurse Specialist for Breast at York Hospital said: “The Breast Team is delighted to be working with these two charities to develop a Secondary Breast Cancer Pledge for our patients.”

Secondary breast cancer patients often don’t get the same level of service as those with primary breast cancer and many don’t have either the support of a key worker or of palliative care services. This new programme will help to ensure that secondary breast cancer patients receive the highest possible standard of care.

Ruairi O’Connor, Head of Campaigns and Advocacy at Breakthrough Breast Cancer said: “We know that patients with secondary breast cancer need more care to suit their specific needs. Research has shown that this group of patients has a high level of unmet social and psychological needs and can often suffer from depression, anxiety and fatigue to name just some conditions. In order to ensure the best possible treatment is provided, it is imperative that the voices of these patients are heard loud and clear.

“Patient and public engagement is at the heart of this project; we hope that by joining our expertise with Breast Cancer Care’s, and by calling on the success of the Service Pledge, we can make a real difference to the lives of the patients, and the lives of their friends and families, who have been affected by secondary breast cancer.”

The programme builds on Breakthrough Breast Cancer’s award-winning Service Pledge for Breast Cancer, which has continued to engage with patients and healthcare professionals across the UK to improve services for breast cancer patients. Breast Cancer Care has a wealth of experience and knowledge in supporting and campaigning for people diagnosed with secondary breast cancer through its Spotlight on Secondary Breast Cancer Campaign and dedicated services.

Liz Carroll, Assistant Director of Services at Breast Cancer Care, said: “So many women tell us that the support they had when diagnosed and treated for primary breast cancer just isn’t there after a secondary breast cancer diagnosis. With new, improved treatments many of those diagnosed with secondary breast cancer can live for months and sometimes years with the disease but have very specific needs. They may be dealing with ongoing side effects of treatment, living with uncertainty about the future and face difficult decisions about end-of-life care.”

Further information can be found by visiting www.breastcancercare.org.uk

Chartered scientist award for York Neurophysiology

CGRATULATIONS to Joanne Horrocks, Neurophysiology Manager in the Neurosciences department at York Hospital for being one of the first in the country to receive Chartered Scientist status from the Association of Neurophysiological Scientists.

Chartered Scientist (CSci) is the mark of recognition for professional scientists. It provides a benchmark of their level of achievement, professional approach and commitment to continuing development.

Applicants must demonstrate various competencies including the ability to deal with complex issues and communicate their conclusions to a range of audiences.

Joanne commented: “It’s fantastic to be one of the first eight in the country to reach this status in the field of Neurophysiology. Being chartered is the mark of professional recognition so it’s a real honour.”

York Against Cancer minibus

YORK Against Cancer provides a minibus for exclusive use of patients from York and surrounding areas who need to visit Leeds for treatment. The scheme started in 2009 and was funded following an appeal to raise £200,000 to cover purchase and running costs.

The minibus travels once a day to Leeds for patients undergoing radiotherapy and the staff at St James’s Hospital in Leeds have been very helpful by grouping together the York patients appointment times – making their day shorter and less stressful.

Seats on the minibus can be booked by calling York Against Cancer on 01904 764466.

Patient experience event at Bridlington

THIS MONTH the Trust will hold a patient experience event at Bridlington Hospital.

Patients who have received surgery at Bridlington Hospital over the past three months are being invited to attend the event which will take place on 16 May in the Hospital Dining Room.

The event will begin at 6.30pm until 9pm and refreshments will be provided.

Tracey Wright, Matron for Surgery, explained: “Patient experience is a key element of quality alongside providing clinical excellence and safer care. Our aim is to understand what matters most to our patients during their patient journey, what works well and what could be improved to make it even better.”

This event follows a successful event which was held in Scarborough last year.

“The aim of this work is to use patient and staff feedback to inform improvements to the support and services we provide”
Staff and patients at Archways Community Hospital have seen a massive improvement to the patient kitchen and dining room after a refurbishment.

The work has taken four weeks, taking place in stages with one room being worked on at a time, to cause as little disruption to patients as possible. Sheena Foxwell from Archways has overseen the project from the start. Sheena said: “We’re thrilled with the refurbishment. The dining room has been improved to provide a more welcoming environment for patients to eat and consequently this has a positive impact on their nutritional intake. We found that the patients enjoy socialising in the dining room so we really wanted a lounge area that was a more inviting communal space in which to relax. “Being able to mix and socialise forms a key part of the care we provide and this really helps with a patient’s well being.”

Bye bye Penny

A FOND farewell goes to Penny Goff who recently retired after 38 years in the NHS. Penny worked in a variety of roles, spending much of her career managing patient complaints before becoming Membership Development Manager. During this time Penny was responsible for recruiting members for the Foundation Trust, more recently focussing on recruitment in our new areas on the East Coast.

York Hospital staff choir

IT’S NEVER too late to join the York Hospital choir! Everyone is welcome, no previous experience needed just the desire to enjoy singing with other people under choir leader Anne Hutchison. The benefits to your physical and emotional well being are well documented - come and let rip!

Anne says “We are always keen to welcome new singers whatever their level of experience and time they have available - we know not everyone can make it every week so you mustn’t worry about that. A good number in the choir will ensure the quality of our next performance. We sing a wide variety of popular and jazz songs as well as the occasional theatrical and lots of simple fun songs. The main aim of the hospital choir is for everyone to have fun and feel good when they come out of choir practice!”

Choir practice is held on Thursdays from 12.45 to 1.45 in the Chapel. Anyone interested in joining please contact Kat Hetherington on ext 01904 726943.

We want your news!

Staff Matters wants to spread the news so wherever you are in the Trust we want to hear from you. Do you have an unusual role or a fantastic service that that we should know about? How do you benefit patients? And what have you overcome to achieve high points in your career? We want to hear your stories and ideas for Staff Matters – it is your magazine and we want to hear about you!