A new ‘Freedom to Speak Up Guardian’, Lisa Smith, has joined the Trust.

This is a new role introduced in all trusts in response to concerns raised following the failings at Mid Staffordshire NHS Foundation Trust. The Guardian acts in a genuinely independent capacity to drive forward progress on the reporting of concerns in all elements of care and practice.

Alongside this role, a ‘Guardian of Safe Working’ has also been introduced to protect patients and doctors by making sure doctors aren’t working unsafe hours.

This Trust has combined these two important roles into one full time post, and Lisa will be getting out and about across the whole Trust visiting all sites. To find out when Lisa is in your area check Staff Room/Working Environment. If you wish to raise any concerns, you can contact Lisa in confidence by phone or email lisa.smith@york.nhs.uk or 01904 7721236 and 07818 427420. Lisa’s office is in York, however she can meet people at any site or location and will arrange to meet wherever staff feel comfortable to maintain confidentiality.

Speaking up about any concern you have at work is really important, in fact it is vital because it will help us to keep improving our services for patients and the working environment for all our staff.

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
If you attended one of our recent Annual General Meetings at either Scarborough or York, you will not only have heard me make a heartfelt thank you to all of our staff you will also have heard Patrick Crowley, the Chief Executive, describe our achievements and challenges over the last year.

Andy Bertram, our Director of Finance shared the financial results from 2015-16 and you will also have heard Margaret Jackson, our lead governor, reflect on the year gone by.

With more than 40 years’ experience in the NHS when she retired, Margaret decided to continue to make a contribution to the on-going development of our Trust by joining the Council of Governors. After only a couple of years as a governor, she was elected to become our lead governor.

All NHS Foundation Trusts have a Council of Governors who represent the views of the Foundation Trust membership and hold the Board of Directors to account. The Council of Governors seek to ensure that the Trust delivers services that best meet the needs of patients and communities in ways that are of high quality, as well as being effective and patient-focused.

The Council of Governors also fulfil formal functions including the appointment of the external auditors, the Chair and the other Non-executive Directors of the Trust.

One of the most important aspects of a governor’s role is to represent the membership of our Trust.

Lead governor, Margaret Jackson, said: “Membership is an opportunity to support and participate in the ownership of our Trust and to contribute to and influence future plans and service developments.

Becoming a member of our Trust is free and members receive news bulletins, regular updates and invitations to learn more about the Trust and their own wellbeing.

Recently members have been invited to undertake basic CPR training or learn more about End of Life Care.”

You may have family member, a friend or a neighbour who would find being member interesting or helpful. It’s easy to join – just visit the Trust website>Get Involved>Membership and fill out the online form.

Our thanks go to Margaret, all of our Council of Governors and to our members, all of who give their time freely and willingly to support the work of our Trust.

THE TRUST is moving to a web-based vacancy and applicant tracking system from 29 September 2016, replacing NHS jobs with a jobs page on our own website. The system will be used for end-to-end recruitment, from vacancy requisition through to hire completion and will keep all of vacancy and applicant information in one secure place.

Will Thornton, HR Manager explained: “There are lots of great features, including online vacancy requisition and approval and easy candidate management where candidates can cancel interviews by text message and reserve candidates can be invited to interview in a few clicks.

“The vacancies will also automatically be advertised on other appropriate job sites as well as NHS Jobs increasing our opportunity to reach the right candidates. “

Further information can be found on the Staff Room HR pages.
A NEW national team of nurses, midwives and clinicians are helping to deliver a further £150m savings to the NHS by September 2018 by helping to standardise everyday healthcare products.

The NHS Clinical Evaluation Team will work independently of suppliers and NHS Supply Chain, using their expertise to assess clinical consumables in key areas and identify those that deliver the highest quality patient care.

Working with clinical staff across a number of trusts, team members will draw on their own extensive experience in fields including tissue viability, infection control, continence and clinical procurement to evaluate product ranges. This will ensure that the appropriate standards are based primarily on patient safety and quality of care, with price becoming a secondary consideration.

Ian Willis, Head of Procurement, explained: “The national team’s recommendations will help to rationalise the huge range of products available to trusts, combining demand and increasing buying power to secure better value for the NHS nationwide.

“A lot of work is going into looking at the specification of a range of commonly used items to compile a list which will go into the smaller NHS Supply Chain catalogue. Products undergo a rigorous and robust process to make sure they are fit for purpose so that only the best items at the right cost make it into the catalogue.

“This may mean that some products we use may become unavailable as a cheaper clinically equivalent alternative is now available. If an item that you use has been delisted, and you want to continue using it, it will require a clinically agreed and approved exception. This will be done through a request to the Medical, Surgical, Supplies and Equipment (MSSE) Group, which may in turn have to report this to NHS Improvement for their approval.

“One switch that’s already been implemented will save £42K but the suppliers who miss out may, inevitably, try to undermine the good work of the NHS by approaching you to buy direct. We ask that you all hold firm and we encourage compliance with the clinically acceptable alternative.”

The process comes as a direct result of Lord Carter’s report on unwarranted variations, which refers to a single NHS catalogue of goods that gives trusts confidence in product choice, quality and price.

Anyone wishing to make a request for an item will find the MSSE form on Staff Room/Corporate Information.

Clinical Evaluation Team to save £150m

3D printing at Scarborough boosts Medical Education

Following a successful bid for funding from Health Education England, the Postgraduate Centre at Scarborough Hospital is set to revolutionise training with the delivery of a new 3D printer and two 3D scanners.

The team plan to use the new equipment to develop, design and manufacture new training models which are not currently available from manufacturers. The rapidly developing technology will be able to replicate consumable parts and create other advanced materials used to simulate human tissue.

Maria Wilkinson, Scarborough Medical Education Manager, said: “We are very excited by this new development. It will enable us to produce new training models in a very cost effective way and create new training opportunities.”

The 3D printer takes a solid material filament through a heated nozzle which turns it into a more liquid state and prints an object in layers onto a heated glass surface. Models for printing can be created from MRI scans and 3D imaging software. The technology has been used in healthcare in a huge range of developments from printing models from patient MRI scans to plan surgeries, dentistry, and to create cost effective prosthetics for patients in third-world countries.

The Ultimaker 2 Extended+ printing a 3D model in the Scarborough Postgraduate Centre

Megan MacDonald, Clinical Skills Technician, added: “There are multiple 3D printing processes and new materials are being developed continually, you can print in many materials from heat resistant plastic to bronze. There are things you can 3D print that you simply cannot fabricate by any other method.

“We’ve become aware that the task training models available do not meet all areas, especially where training is limited due to ethical and financial barriers. We are aiming to capitalise on the opportunity that 3D printing offers us by using the technology to create innovative opportunities for training staff which we hope will increase patient safety and quality of care.”
Shoulder clinic provides new service, thanks to Sarah

A new one-stop clinic for patients with shoulder problems has been launched by the Trauma and Orthopaedic directorate. It will improve the service currently offered to patients and reduce waiting times for treatments. Sarah Rayner, Senior Orthopaedic Practitioner, will be investigating, diagnosing and treating some shoulder complaints in clinic after attaining a post-graduate certificate in diagnostic imaging. She is now able to perform musculoskeletal ultrasound scans and give ultrasound-guided injections. This means that patients are now able to be diagnosed and treated in clinic in one visit. These clinics will see around 40 patients per week.

Sarah said: “It is exciting to develop a new skill to be able to enhance the service we give to patients.” Simon Boyle, Consultant Orthopaedic Surgeon and upper limb specialist, said: “The introduction of ultrasound into the outpatient department setting is a fantastic and unique opportunity. It offers us the ability for patients to have their diagnosis confirmed in one visit. It also allows us to arrange treatment including surgery in a more timely fashion.

“We are privileged to have Sarah’s expertise and background in complex upper limb disorders which gives her a unique understanding of the pathologies she is imaging. This is a real step forward for our patients in York with shoulder problems.”

Celebrating the achievements of older people

UK Older People’s Day takes place on 1 October and celebrates the achievements and contributions that older people make to our society and the economy.

Specialist Physiotherapist for Falls, Karen Wallace Hill, sees many older people who believe that their need for exercise diminishes and eventually disappears as they grow older and that it is inevitable they will become weaker, stiffer and slower. She is keen to inspire older people to increase the amount of exercise they take to maintain or improve health, whatever age they are or health conditions they may have.

Karen said: “Participation in physical activity can still improve strength, stamina and suppleness at any age. It also improves mood, mental functioning, self-esteem and quality of sleep. It reduces the rate of heart disease, stroke, type 2 diabetes, osteoporosis, some cancers and falls.

“Unfortunately, fitness cannot be stored and requires regular top-ups. The World Health Organisation recommends people aged 65 and over do at least 150 minutes of moderate intensity aerobic physical activity throughout the week in bouts of 10 minutes or longer.

“Research evidence shows that regular strength and balance training can reduce the risk of falls. It is also important to be up and about little and often to avoid health risks associated with a sedentary lifestyle - and that applies to students and office workers as well as retired people.

“To maintain full independent mobility a person needs to be sufficiently fit to carry out daily tasks and meet challenging situations. Fitness comprises strength, stamina, suppleness and skill and those of us who work with older people are often inspired by seeing individuals who work enthusiastically on their exercises and make great improvements in their mobility. Even frailer people can have the potential to get fit enough to resume their usual activities.”

• UK Older People’s Day is being marked by the second ‘Sporting Senior Games’ in Glasgow with events such as cycling, bowling, basketball, golf and wheelchair obstacle races.

• Sister Madonna Bruner the ‘Iron Nun’ from the USA holds the current world record for the oldest person to complete an Ironman Triathlon at the age of 82. She only started training at the age of 48.

• A group of elderly swimmers in America set a new world record in the 800m freestyle relay for a team with a combined age of 360 plus.

• Doreen Pechey aged 71 from Oxfordshire has become the oldest dancer in Britain to pass the ballet Grade 6 exam, after starting lessons aged 61.
Star Award now celebrates all finalists

With so much good work deserving of recognition throughout the Trust the Star Award winner has become harder and harder to judge. The solution – recognise the five top finalists! Here are the selection for August.

Dr Angela Gruber and Staff Nurse Janine Nicholson, Scarborough Hospital
Nominated by the family of a dying patient who was German and spoke no English. As Dr Gruber spoke German she was asked to call the patient’s mother in Germany to break the bad news that her daughter was dying. This enabled her mum to make arrangements to fly over to be able to see her daughter. Dr Gruber was not the patient’s consultant yet she happily spent time with the mother every day updating her on her daughter’s condition, supporting and listening to her concerns. Janine kindly took the patient’s mum to have a look around St Catherine’s hospice in her own time at the end of her 12 hour shift. This was a difficult and emotional time for everyone as the patient was only young and her symptoms were difficult to manage.

Staff Nurse Francis Oxtoby and Student Nurse Charlotte Taylor, Emergency Department York
Nominated by the daughter of a patient after her mum was brought into York Emergency Department by ambulance having suffered a suspected stroke with complications. It became clear that she would not survive and she was made comfortable until she slipped away. Francis and Charlotte were praised for being calm, reassuring, gentle and caring to the patient and family. ‘It is clearly very traumatic to be with someone while they pass away, and especially when it is one you love. They treated us, my sister, niece and I, with great respect and dignity, as they also did our mum, allowing us to do our best to make her passing less frightening for her… they made what was one of the worst days of our lives more tolerable.’

Sandra Towlerton, Ward Domestic, Ann Wright Ward
Nominated by a colleague for her care and consideration of the patients on the ward. Sandra’s genuine care and regard for patients, especially those who are more vulnerable and confused, helps to reassure them whilst they are in the unfamiliar environment of a hospital ward. She is praised for always finding time to talk to and engage with patients and their families, picking up on their individual requests and needs, and relaying that to the nurses if required. Sandra has attended training regarding Dementia, to develop her knowledge and insight into the care and needs of those patients on the ward. ‘With a good sense of humour and the occasional song as she works, she often cheers others up as she works on the ward.’

Mark Poole, Speech and Language Therapy Assistant, Scarborough Hospital
Mark was nominated by a colleague for his work to help patients to communicate when speech is no longer possible. He has developed the use of alternative and augmentative communication (AAC). Mark’s knowledge enables therapists to identify patients who would benefit from AAC, and then through joint working, assessment and trials, an appropriate aid can be provided. He achieved a Level 4 graduate standard in AAC and uses his skills with patients and to train staff. He works hard to maintain cutting edge knowledge to benefit local patients and is keeping the issue of communication and the role of Speech and Language Therapists in the head lights. ‘Mark is always helpful and hardworking and seeks to follow Trust values at all times … he is a pleasure to work with.’

Holly Mason, Acute Oncology Clinical Nurse Specialist, Oncology, York Hospital
Holly was nominated by a colleague for going above and beyond to support her patient - a gentleman who is totally deaf, dyslexic and lives alone. This gentleman communicates through sign language mostly and has been diagnosed with cancer recently. He is undergoing chemotherapy and inevitably is struggling with the side-effects of this treatment. Holly has anticipated any possible admission throughout this gentleman’s cancer journey by ensuring that access to a BSL interpreter is available 24 hours a day by working with colleagues in the Cancer Care Centre, ward 31 and the chemotherapy suite. This support has made a huge difference to the gentleman’s confidence in the support available to him and the acknowledgment and understanding of his situation. ‘This is truly individualised patient care.’

Sister Sue Boulton collects the award on behalf of Sandra Towlerton

Charlotte Taylor, York finalist

Mark Poole, Scarborough finalist
National Fraud Initiative under way

NHS professionals across the country, including the Trust, are taking part in the National Fraud Initiative (NFI) 2016/2017.

NFI is an exercise which matches electronic data, within and between public and private sector bodies, to prevent and detect fraud. This means that key payroll and personal identifiers - such as your contact details - will be provided to the Cabinet Office and used to carry out cross-system and cross-authority comparison, in order to avert and spot fraud.

Fraud is committed when an individual or officer of a corporate body, seeks to make a gain for themselves or another, and cause a loss or risk of loss to another. Fraud can involve false representation such as falsified timesheets, working elsewhere while on sick leave, or abuse of position. Examples of awarding a contract or employment position to someone other than on merit, or by failing to disclose information where there is a legal duty to do so, for instance unspent criminal convictions, are all fraudulent activities.

The NFI, by data matching, is a particularly useful tool in identifying potential error or fraud in the Trust’s payroll and creditor payment systems. Data will be electronically matched by the Cabinet Office under statutory authority, in accordance with the Data Protection Act 1998.

If you have any queries please Steven Moss, Counter Fraud Manager, steven.moss@york.nhs.uk

Staff Survey 2016 – have your say!

ALL STAFF employed in the Trust from 1 September 2016 will receive a paper copy of the NHS national staff survey sent to their work address from 26 September 2016.

These need to be completed and returned no later than 2 December 2016. Those staff on maternity leave or external secondment to the Trust will receive a copy sent to their home address. This annual NHS staff survey provides an opportunity for all NHS staff to give their views on working for their Trust and the NHS as a whole.

Last year’s survey resulted in a number of initiatives to improve systems based on staff feedback.

Vicki Mallows, HR Manager explained: “We take on board all comments and have already introduced some new processes to improve staff experience of working at the Trust.”

“Telling us what you think helps us understand what we need to do differently.

“For example, we have improved the reporting of appraisal activity by changing the system. Starting this month supervisors and managers will be able to report appraisal dates and outcomes directly onto Learning Hub. To learn more about the reasons why people choose to leave the Trust we have made the leaver questionnaire available via the Trust website so that people can complete it at a time that suits them.”

For more information about the Staff Survey see Staff Room/ HR and Recruitment/ Staff Survey.

Army Medical Officers
join Trust on secondment

A new partnership between the Trust and the Army has created a valuable secondment opportunity that is benefitting both organisations.

The Army Medical Services deliver operational medical care to the military, including hospital care. In order to get a better understanding of the NHS and how it works a placement opportunity was developed between the Trust and the Army Medical Services. This is aimed at fostering a greater understanding of the NHS at an operational level among Army Medical Service Officers.

Major John Bell was the first Army Officer to join the Trust and has spent five months working across sites with the Trauma and Orthopaedics Directorate.

He said: “When not deployed or training, regular and reserve Army Medical Service personnel are based across the NHS delivering operational outputs. The opportunity to work alongside the directorate team within the Trust has been invaluable in developing a deeper understanding of the challenges facing the teams on a daily basis.

“Although the environments are different, the common imperative of delivering high quality care relies on the professionalism of the personnel at the sharp end. It has been my absolute privilege to be part of that effort within York, Scarborough and Bridlington.”

Now successfully established, the placement opportunity is set to continue with Major Jon Winfield, who has already joined the team in the Emergency Department.

Army Medical Services recruitment

EVER thought of joining the Army Medical Services as a Reservist or just interested in what the Army Medical Services do?

An event is being held near York on 28 and 29 October – why not come along to Exercise Serpent View to see?

See first-hand a hospital macro-simulation training facility, Ebola training facility and advanced casualty simulation training. Fire simulated weapons on the digital range and visit the wheeled and armoured medical section or check out the helicopter training facilities.

A free hot lunch is provided. Anyone interested in this free event should contact 212hosp-roso@mod.uk
To celebrate this year’s International Balance Awareness Week (September 12-18) the Staff Matters team visited York Hospital’s Balance Clinic to find out more about their work in helping people with vestibular (inner ear) problems.

The Balance Clinic provides specialist assessment and treatment of people experiencing balance problems and is located in the hospital’s head and neck department.

Set up in 2001, initially it was one of three national pilot sites looking at new ways of delivering specialist balance services for individuals with vestibular dysfunction. The idea was to use physiotherapists with expertise in the treatment of vestibular disorders to lead the service. The project was such a success it has been modelled at other hospitals in the country.

Laura Ackroyd, Advanced Clinical Specialist Physiotherapist, explained: “The vestibular system is located deep in the inner ear and detects changes in head position, movement and spatial orientation. It also works to stabilise our eyes during head motion.

“Damage to the vestibular system by disease, aging, or injury can result in a wide range of symptoms. These commonly include spinning (vertigo), imbalance, poor coordination and falls. “We provide a one stop clinic with assessment and all initial investigations being completed in a single visit. This provides quicker access to treatment, reduced hospital visits and has proven to be cost effective.”

The current balance team consists of two advanced clinical specialist physiotherapists, a senior physiotherapist, two specialist audiologists, audiology assistants, three ENT consultants and admin support. The physiotherapists also provide specialist vestibular rehabilitation.

Laura continued: “Vestibular rehabilitation can help patients with a wide range of conditions. We give them exercises designed to reduce vertigo and dizziness, improve eye gaze stability and balance which really help patients to increase confidence in carrying out everyday activities. Specific techniques involving head and eye movements and balance activities allow the body to compensate and adapt to the loss of function in one or both inner ear balance organs.

“We also use specific techniques to help a type of positional dizziness known as BPPV (benign paroxysmal positional vertigo). BPPV is a common and treatable condition causing brief episodes of spinning (vertigo) related to changes in head position such as lying down in bed, rolling over in bed, bending down or looking up.”

Patients can be referred from GPs or consultants. For further information call Laura Ackroyd or Sally Winterburn, Advanced Clinical Specialist Physiotherapists –Vestibular, on 7725611.
**Staff Matters**

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**Staff Wellbeing**

*Flu Vaccine Clinics Begin*

Most frontline healthcare workers will have received a personal invitation to attend for flu vaccination during October. Please make every effort to attend for vaccination on either of the dates given.

If you are unable to attend at those times please follow guidance within your letter and access the vaccine via a peer vaccinator or call Occupational Health for another appointment.

**1 Get Your Vaccine**

Having your flu jab protects you, your family, colleagues, patients and service users. It’s a serious illness that can result in death. The vaccine provides the best protection against an unpredictable virus, so be a flu fighter and have the jab.

**2 Wash Your Hands**

As well as getting your flu jab, you can help reduce the spread of flu by regularly washing your hands, particularly after sneezing or coughing. You can pass flu on without having any symptoms.

**3 Stay Away**

If you have the flu, stay away from work until you are better. The virus is highly infectious and outbreaks can happen quickly. Protect yourself, your family, colleagues, patients and service users.

**Free Health Checks for over 40s**

All staff over 40 are eligible for a free health check at work. The checks are on a one to one basis and take around one hour. Some people may have had an invitation however anyone wanting more information or to book an appointment can email wellbeingteam@york.nhs.uk.

**More Support for Staff Psychology Service**

As part of the Healthy Workforce initiative the Occupational Health and Wellbeing Service has appointed a new Clinical Psychologist.

Dr Kathryn Wills has joined Dr Elaine Middleton in running psychology clinics from York and Scarborough hospitals.

Kathryn said: “I am delighted to join the team at the Trust. Many staff in the Trust experience difficulties with their mental health at times, which may be related to issues at home or work, or both. Suffering mental ill health can be very distressing for staff and it can also be challenging for their managers. "The Trust’s Occupational Health team can support staff and managers, so a referral to Occupational Health is often advisable when a member of staff experiences mental ill health, whether or not they are on sickness absence or at work but struggling to continue. “Staff referred to Occupational Health now have the opportunity for a psychological assessment when needed. In some cases, where appropriate, we can offer cognitive behavioural therapy, which is an evidence-based treatment suitable for a wide range of mental health difficulties.

“I am also excited to have the opportunity to be involved in various proactive initiatives aimed at promoting psychological wellbeing across the Trust. It is great to see that our Trust is working hard to ensure that positive mental health is firmly on the staff wellbeing agenda. “I have previously worked in various adult mental health positions and am pleased to be able to bring this experience to my role in the Trust. I have recently relocated to North Yorkshire, and very much look forward to the challenges and exciting opportunities this role will hold.”

**Meditation the Easy Way...**

RECENT studies show meditation and mindfulness can have a positive impact on stress, anxiety, focus, creativity and even relationships.

The wellbeing team are giving away free subscriptions for Headspace, a meditation app.

It is meditation made simple which can be learned online, when you want, wherever you are, in just 10 minutes a day.

Some staff have already taken up the offer and recent feedback to the wellbeing team is very positive.

People have commented it’s ‘easy to use and follow, good range of topics to help with a range of daily issues’, ‘good way to relax at the end of the day – helps clear your head of issues and has aided sleep’, and ‘aids management of day to day stress, develops coping mechanisms and improves working relationships’.

If you would like to receive your free subscription code contact Helen hardwick@york.nhs.uk

**Tony Joins Trust MSK Team**

Staff needing physiotherapy should soon find it quicker and easier to get help within the Trust with the appointment of physiotherapist Tony Blackwell, pictured right, who has joined the team specifically to ensure that as many staff as possible can be seen as quickly as possible.

Tony said: “We want to make sure all staff needing treatment and advice for MSK problems can be seen in a timely manner. “The sooner people receive support, the sooner they can get back to normal and get on with their lives.”

Anyone looking for an appointment in York can apply directly to the physiotherapy department.
STAFF WELLBEING

New – health and wellbeing workshops

TAKE just 30 minutes to improve your health and wellbeing at these free workshops on physical activity and weight management open to all Trust staff. The Wellbeing Team together with Physiotherapy and Dieticians have created these workshops to take place at York and Scarborough hospitals.

- Physical Activity Workshops are 30 minute sessions for those who would like to introduce physical activity in the workplace. Looking at the many benefits of exercise and how to do it safely, the practical and motivational sessions demonstrate exercises that you can do in the workplace that take just 10 minutes.
- Nutrition Workshops are for anyone trying to lose weight. It talks through the practicalities of weight management including looking at realistic examples to aid with calorie reductions in the diet including exploring portion sizes, treats, drinks and addressing things that can get in the way of successfully losing weight.

For dates and to book, please go to the Learning Hub (Health and Wellbeing section) – book early to ensure a place.

Research News

Hard work yields results

Our Trust is one of the partner trusts within the Yorkshire and Humber Clinical Research Network (CRN). Each year a target is set by the CRN on the number of patients to enter into a clinical trial based on the Trust’s current portfolio, previous history and the numbers of studies closing and possibly opening in the year.

This year the research team have been set a stretching target of 3,539 patients to enter into clinical trials in our Trust from 1 April 2016 to 31 March 2017.

Since 1 April there have been 661 patients entered into clinical trials across most directorates and the team have been delighted by the result of everyone’s hard work.

Each month there will be a special mention to the research team or individual who has stood out for their work.

This month is a joint award. The anaesthetic and generic research teams were the highest recruiter to ICU/perioperative studies in the Yorkshire and Humber region.

Research team member of the month goes to Clinical Trials Assistant Richard Furnival for going over and above to organise the paediatric stand for International Clinical Trials Day. Congratulations on all your hard work.

Becky secures place on top programme

Well done to Research Nurse Becky Coop who has been accepted on a prestigious advanced leadership programme run by the National Institute of Health Research taking one of only five places in Yorkshire.

Becky has worked in research for six years and was previously a nurse then research nurse in A&E.
Midwives pass the Pinard

ON 3 September, a team of 50 midwives from the Royal Berkshire Hospital began a ‘Pass the Pinard’ relay style bike ride 600 miles from Truro in Cornwall to Newcastle, to raise funds for their hospital. At each stage midwives from other hospitals along the route have joined in to cycle their local leg. At the finish line of each leg the midwives ‘Pass the Pinard’ on to the next team.

Congratulations to nine of our own midwives from York Hospital who joined the challenge for the final 95 mile leg to Newcastle raising funds for their own department.

Anyone wanting to support the team can donate on their just giving page www.justgiving.com/fundraising/York-maternity

A Pinard is a traditional midwifery tool used to listen to the heart rate of a baby during pregnancy.

Staff from Bridlington Hospital brought their experience and advice to a careers day held this summer for local schoolchildren.

The event was held at Bridlington School where 18 staff from the Trust were on hand to help promote the 300 different roles available in the NHS.

Rebekkah Walkington, who helped organise the event, said: “To help give the children a realistic picture of how they ended up working for the NHS staff were asked to write a short biography stating what they liked when they were at school and how they got into their current role. These biographies were then put into a booklet for the students to read and ask relevant questions on the afternoon – for example one member of staff was actually a chef for 17 years before becoming a mature student and is now a radiographer.”

The careers day was a first for the school.

Scarborough League of Friends donates iPad

THE STROKE ward at Scarborough Hospital has received a donation of a brand new iPad complete with apps that will help patients recovering from stroke.

The team thank the Scarborough League of friends for their generosity.

Left: Marie Cottam, Occupational Therapist and Juliet Chinnick, Therapy Team Manager

Bridlington careers day for schools

Occupational Health Line

OPENING times for the Occupational Health and Wellbeing Service telephone advice line, which provides support to staff with any queries they may have in relation to workplace health, has changed.

Following an internal audit, usage of the line was found to be busiest in the morning. In view of this, resources will be targeted to improve the service at this time.

The advice line will now operate from 09.15 - 10.15am Monday to Friday. Importantly the Occupational Health and Wellbeing Service may still be contacted for urgent advice and the reporting of contamination and needle stick injuries by telephoning 772 5099 at any time during service operating hours. More general enquiries can be made by emailing the service. Tel: Clinical Advice Line 772 1652, Occupational Health Reception 772 5099 email occhealth-clinical@york.nhs.uk

Medical Engineering meets standard

THE DEPARTMENT of Medical Engineering has workshops based at York and Scarborough hospitals that maintain medical devices across the organisation. The team has recently achieved a top industry standard in quality management, certification to ISO 9001, for its repair and maintenance activities.

Medical Equipment Library and Coordinators are also part of the department and play a crucial role in the processing, delivery and storage of medical equipment.

Jason Wilsher, Medical Engineering Manager, said: “A lot of work has been carried out behind the scenes by the Department of Medical Engineering staff in achieving this certification and I’d like to thank them all for their continuing efforts.

“The organisation can now have confidence in the quality of service offered by the department with the achievement of this certification. I look forward to displaying the ‘ISO 9001/2008 certified’ logo next to our logo.”

The certification came following a long process of standardisation between Scarborough and York to extend accreditation to include both sites.
**New fitness classes**

- Bodytone Fitness classes at Scarborough Hospital Gym on Tuesday 9.30am to 10.30am and Wednesday 7.30pm to 8.30pm. No need to book just turn up. Please pay the instructor at the session, staff £3.50, non-staff £4.00. For more details please contact Gill, the instructor, on 07770838472.

- Yoga and Circuit Training sessions at York Hospital - contact the York staff shop for information and tickets. Session prices from £3.

- New Pilates classes starting on Thursdays from 6 October 5.30 to 6.30pm in York Hospital physio gym. Tickets £3 purchased from York staff shop.

- Boot camps starting soon at York and Scarborough hospitals – look out for the dates on Staff Benefits web page and Staff Room.

- Please contact the Staff Benefits team on 7721170 or 7715262.

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**Discounted tickets**

Available from the staff shops:
- Flamingoland £26
- Vue Cinemas £6.50
- City Screen £6.50
- First bus pass weekly or monthly £10.45 and £38
- East Yorkshire bus pass weekly £9

**Work perks**

STAFF Benefits has signed up to Work Perks, which delivers great products to your workplace. You try them free of charge, tell us what you think by completing a short product questionnaire and have the chance to win some amazing prizes. Look out for more free products to try.

**Podiatry services**

WE ARE now offering staff three staff podiatry clinics, one in Scarborough and two in York. This service is part funded from the Staff Lottery fund. Please see the Staff Benefits website for details.

**Physiotherapy**

DID you know that as part of your Staff Benefits package you are able to access onsite physiotherapy? You can self-refer by completing a staff self-referral form available from the York Physiotherapy Department on 7725390. Staff referrals will be given priority.

‘Wine for a Laugh’

BE ENTERTAINED with a unique wine tasting at the Park Inn, York on Friday 28 October from 7.30pm. Tickets are priced at £20.00 from the staff shops in York and Scarborough.

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**Infection prevention message of the month**

This month the team reminds everyone about the everyday importance of using the correct Personal Protective Equipment (PPE) in Infection Prevention.

PPE creates a barrier between any possible harmful germs and skin, eyes or mucous membranes. This helps protect patients and those caring for them.

- Aprons are needed to protect clothing from contamination from blood or body fluid. Remove when task complete.

- Gloves are needed where hands are at risk of exposure to blood, body fluid, chemicals or mucous membranes. Hand hygiene must be performed before donning and after removing gloves. Remove when task complete.

- Eye protection is needed when there is a risk of blood or body fluids splashing into the eyes.

- Surgical masks are needed when there is a risk of inhaling or contaminating the mucous membrane of the mouth with harmful germs. FFP3 masks are needed when carrying out aerosol generating procedures for patients with respiratory viruses.
Bowls at the ready - it’s Cake Off time

To celebrate the baking season, the charity has launched its very own ‘Cake Off’ for you to get involved with.

Prizes will be awarded to the winner of each category at both Scarborough and York.

Enter the ‘YTHC’ Cake Off by baking your best bake and bringing it to either Ellerby’s at York Hospital on Wednesday 19 October between 9:00am and 9:30am or Pat’s Place at Scarborough Hospital on Thursday 20 October between 9:00am and 9:30am.

There will be three categories - best tray bake, best classic bake, and best decorated cake.

After the cakes have been judged, they will be sold in aid of the charity and everyone will have the opportunity to taste the delights.

For further information and to let us know you will be taking part (though there can never be too many cakes) please contact charity.fundraising@york.nhs.uk

So cake your time and bake!

Donation envelopes on wards

DONATION envelopes have been distributed to wards across the Trust to help staff when they are asked about making a charitable donation to their ward or department.

Should a visitor or patient enquire about making a donation, you can direct them to the envelope holders which are outside every ward, within every outpatient area or at the reception desk at your hospital.

Maya Richardson, Community Fundraiser, said: “It tells donors how to make the donation and the envelopes prevent staff having to take information as the donor can complete the envelope themselves.

“They prevent cash being left on a ward if the cashier’s office or reception are not open and also has the gift aid information meaning a £10 donation will actually be worth £12.50.

“If cashiers or reception are not open, donors can be asked to post the envelope (no cash) or they can pop it in a donation point at York or Scarborough hospitals.

Will writing campaign launches in October

IT’S ONE of those things that you always mean to do but never actually get around to - but making your Will is one of the most important things you can do.

This October YTHC launches the annual Will Writing Campaign which allows people to get their Will written for free in return for a donation or a legacy.

There are three solicitors in York and five locations on the East Coast. New for this year, appointments will be available on selected dates within York and Scarborough Hospital and we hope to encourage staff to be prepared and support us.

Legacies that donors so generously leave in their Will help to provide additional services, equipment and research throughout all of our hospitals.

A £34,000 legacy left to Scarborough Hospital has been used to fund all of the equipment on the new Ambulatory Care Unit at Scarborough and a legacy of £20,000 to York Hospital’s Renal Unit continues to fund exercise and arts classes for patients. On a daily basis these acts of generosity are appreciated by patients, their families and staff throughout the Trust.

The Will Writing Campaign runs from Monday 17 to Friday 28 October. You can make an appointment as soon as you receive your Will pack which can be requested from the fundraising team.