Would you recommend the Trust to friends and family?

Can I ask a question? Would you recommend our services to your friends and family? If not, why not? If our own staff would not be proud to be treated here, then we have a problem that needs addressing.

From April 2014, NHS England is introducing the Staff Friends and Family Test (FFT) in all NHS Trusts providing acute, community, ambulance and mental health services in England. This follows on from the success of the Patient Friends and Family Test, which asks inpatients whether they would recommend the hospital to their friends and family.

We will be launching this internally on 1 May 2014. A quick and anonymous survey will give staff an opportunity to provide invaluable information on whether they would recommend the Trust as place to work and as

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 the communications team:

- Lucy Brown, Head of Communications: lucy.k.brown@york.nhs.uk
- Rebecca Aspin, Communications Manager: rebecca.aspin@york.nhs.uk
- Elaine Vinter, Media and Communications Officer: elaine.vinter@york.nhs.uk
- Heather Millard, Communications Assistant: heather.millard@york.nhs.uk

Make the most of our website
Work starts on new Maple ward
Staff Benefits and Wellbeing
New team helps stroke patients
Living and presenting our values

Practice Learning Facilitators, Pauline Dillon Kelly and Janette Whalley, recently presented the Trust’s “Living the Values of Healthcare Professional Learning” framework to the Annual RCN Education Forum Conference in Harrogate.

“Living the Values of Healthcare Professional Learning” is a framework for individuals, teams and the organisation to identify the values and behaviours that would be expected to be demonstrated within the learning environment. It is an opportunity to support those working in practice placement areas to meet the organisational and professional values expected of students, mentors/practice educators and the organisation.

The framework was created by the Practice Learning Facilitators Team (PLF) and their manager Marion Khan to support the Trust’s Personal Responsibility Framework (PRF).

Practice Learning Facilitator Janette Whalley, explained: “The PRF is a 50/50 contract between our organisation and staff. It focuses on promoting personal responsibility through how we act within the organisation in relation to our roles, the teams we work in and the behaviours we display on a daily basis, which

Pauline and Janette presenting to the RNC

impact on the organisation and on everyone who comes into contact with our services.”

The framework was one of only two ‘Value’ presentations at the conference and was well received by the attendees. A lot of discussion was generated, and the PLF team have since been contacted by some conference attendees requesting more information on the framework, structure and processes.

“Living the Values of Healthcare Professional Learning” is currently being piloted within the organisation with practice educators and mentors for three months before it is formally launched in September. Anyone interested in being part of the pilot should contact Janette Whalley on telephone: 07770633985 email janette.whalley1@nhs.net or Pauline Dillon Kelly on 01904 721240.
Ward develops box of comfort for patients

Patients on Ann Wright Ward at Scarborough Hospital who are nearing the end of their life, are being given a box of small items of comfort to help during this time, thanks to an initiative led by ward staff.

The ‘End of Life Palliative Care Box’ contains a cosy blanket for the patient, and relative, which they can keep, plus a small bedside lamp which can be used instead of the main room or ward light. It also includes some personal items, including a toiletry bag and contents, bottled water, biscuits, sweets, and mints.

The idea is to provide a few items of comfort for the patient and relatives who may be staying over. The box also contains a parking permit for relatives and contact numbers for their information.

Sue Boulton, Ward Sister, explained: “Following attendance at a training day day organised by the End of Life Care Trainer and specialist palliative care team, our staff wanted to look into an initiative to help improve the comfort of patients coming to the end of their life.

“The aim is to provide a few simple but hopefully beneficial comfort items for patients and their families, who are being nursed on a busy ward during what is a difficult time.

“Our Ward Housekeeper, Julia Houlden, was very instrumental in researching and sourcing what contents to include. The project has also been supported by Christine Wilson, End of Life Care Trainer, who has helped provide the funding.”

Christine Wilson has been providing dedicated training since 2012 specifically to improve the care for those in the last weeks of life. Her post has been supported by a Yorkshire and Humber initiative, MPET (multi professional educational training) which aims to drive up standards.

In March, Scarborough Hospital was one of three organisations chosen to present its achievements at an event in Leeds. Part of the presentation described the impact of the training on patients, carers and staff and the excellent work Ann Wright Ward has achieved.

How to get the most from your website – some tips

THE Trust website – www.york.nhs.uk – provides you with the opportunity to showcase your department and services to the public. Many services have been quick to provide information and news about their areas and have developed very comprehensive web pages.

While the Communications Team maintains the website, it is up to service areas to inform the team if information needs changing.

If you would like to make any changes or would like advice and guidance on providing information for the website or to develop a new page please contact heather.millard@york.nhs.uk.

A good starting point is to look at the A-Z of Services (available on the homepage) to see if your area already has a page as you will see many are still not represented. Also don’t forget to look at your service as a Trust-wide service as we will have patients and visitors accessing information from all over our patch.

Start with a general introduction about your service/department and at what hospital sites it is provided. You can then break down the service into what is provided at different hospital sites. A good example to look at is Maternity.
Mallard restaurant refurb on track

THE REFURBISHMENT of the Mallard restaurant at York Hospital is now well underway with works on the kitchen and servery and half of the seating due to finish in July. The final project is due for completion in September.

With space limited in the Mallard while work is being carried out, the team have still managed to feed their customers with only minor disruptions to service. As seating is limited in the restaurant a call and collect take away service is on offer as well as a brunch trolley in some parts of the hospital. A temporary food servery has been created which serves hot food, sandwiches and salads. For the more health conscious, Pasta King, a new range of fresh and healthy pasta dishes has been launched this month and the popular Fish Friday meal deal is back!

Selby visitors enjoy café culture

VISITORS to the New Selby War Memorial Hospital are being invited to embrace café culture with the launch of a new food and drink menu at the hospital café.

To introduce the new fair trade filter coffee visitors and staff were given a ten percent discount on all hot drinks for the whole of April.

The food service includes hot toasted sandwiches, a new healthy option salad bar, and deli sandwiches to eat in or take away.

Pierre Gomez, Retail Catering Manager for York and Selby hospitals said: “Visitors to the hospital don’t always realise that the café is open to everyone not just staff. We know that sometimes people are here for quite a few hours so we want to cater for everyone whether they want a meal, snack or just a drink. Staff and visitors at York Hospital have commented that our new coffee rivals any high street coffee shop at a lower cost and our salad and deli bars have proved popular for freshness and value. We’re really looking forward to providing the same service for visitors to Selby Hospital.”

The hospital café is open between 8am to 3pm Monday to Friday.

SPA has over 1,200 calls in first week

A NEW call centre service to support easier access into the Community Services Community Nursing Team launched earlier this month – in its first week staff handled over 1,200 calls.

Lorraine Hewitt, SPA operational lead, explained: “Working in partnership with Yorkshire Ambulance Service (YAS) the Trust is trialling a ‘Single Point of Access’ (SPA) into adult community services as a six month pilot scheme. The SPA will manage adult community nursing referrals across York, Selby, Scarborough and Ryedale localities.

The key objectives of this new call handling service are to ensure the seamless, safe management of referrals for patients requiring Adult Community Nursing Services, either to potentially prevent an admission, support early discharge or coordinate care closer to home.”

To help with a smooth transition to the new SPA service a Q&A fact sheet has been developed to help answer any questions that staff might have.

During the pilot period the SPA team will be seeking out feedback in relation to the service and would value your input and support over the next few months to shape and develop the service together.

If you have any further questions please contact the SPA operational lead, Lorraine Hewitt on 07880 454343. To contact SPA call 0300 330 5444. For more information and to view the Q&A visit Staff Room.
Age UK helps patients home

Did you know that York Hospital has an Age UK hospital services scheme, to support patients when they leave hospital or intermediate care?

The flexible service of up to six weeks can help support patients from hospital to home through a variety of help.

Following on from the success of the York scheme, a cooperative of Age UK’s have just launched a lower level home from hospital service called REACT providing support across Scarborough, Malton, and Selby.

Based at Scarborough Hospital the service aims to support patients who aren’t eligible for a Social Services care package, but would benefit from some short-term low level support and reassurance following a stay in hospital.

From providing help with shopping, including on the day of discharge, to simply calling in for a chat, the team help ensure that patients have everything they need for their return from hospital.

Helen Sams, REACT Home from Hospital Service Manager explained: “Coming home after hospital can often be a daunting and anxious period. The Home from Hospital service provides short term practical help and support to patients over 18 years of age in North Yorkshire.

“Patients are usually referred to the service by the hospital discharge team. Support is initially provided on up to four visits and varies according to the patient’s needs. It could be companionship whilst keeping a watchful eye on their recovery progress, shopping or making a snack.

Mandy McGale, Director of Operations, at Scarborough Hospital said: “We are thrilled to have Age UK here onsite at Scarborough Hospital. They are helping provide a new service to our patients which makes the transition from hospital to home as seamless as possible.

“The addition of this service will help improve patient experience on discharge. Having the team on hand will also help us with discharging patients earlier and safely, as well as reducing the likelihood of readmission.”

27 years of service at York

NICKY OPENSHW, Hospital Services Manager explained: “I work for Age UK York based at York Hospital, supporting older people as they leave hospital.

“There has been a Home from Hospital service in York Hospital for approximately 27 years. I took over as Hospital Services Manager eight years ago, and our service has changed and developed over that time in response to patient need.

“The scheme is open to anyone over the age of 60 who lives in the City of York Area and needs support on discharge from hospital or intermediate care, including the day units and endoscopy. If we have capacity, we are sometimes able to take patients below the age of 60, so it is always worth contacting us if you feel a patient would benefit from our service.

“From providing help with shopping, including on the day of discharge, to short outings, or simply calling in for a chat, and signposting to relevant services the teams help ensure that patients have the services and equipment they require for their return from hospital.”

The team Lisa Whitmore and John Pearson from Age UK with Hospital Services Manager Nicky Openshaw

Hire cars now available

THROUGH Enterprise Car Hire, hire cars are now available to staff who travel as part of their role.

There are many benefits to this scheme for both the Trust and staff. If you would normally use your own car for a journey of more than 50 miles, for which you would be reimbursed for your miles and which is not between your work bases, you should instead choose to book a hire car.

For step-by-step leaflets and more information about how to book using the online system visit Staff Room.

Below: Steve Wood, Enterprise Regional Sales Manager; Sarah Hogan, Financial Accountant; Nick James, Enterprise Account Manager; Laura Hill, Car Hire Administrator and Nigel Booth, Chief Accountant

Correction

The overseas patient contacts for Scarborough Hospital are Fay Higgins, Louise Davis and Carole Harrington and not Tracy Caygill, as stated in last month’s Staff Matters.
Work starts on Scarborough Ward

On April 28 work started on the construction of a brand new £5 million ward at Scarborough Hospital. Maple 2 will be constructed on top of the existing Maple 1 ward which was opened in October 2010.

The new ward will have around 30 beds, over fifty percent of which will be single rooms. The design of the ward incorporates best practice in clinical layout and in order to try and blend in with the landscape the external appearance of the ward will be partially clad in colours to match surrounding developments.

The ward is due to open in January 2015. It will open as a surgical facility allowing the old Haldane ward, which is located in the North Wing to close.

James Hayward, Programme Director Capital and Infrastructure, explained:

“The commencement of this project shows further investment in the Scarborough Hospital site. This is a significant capital investment by the Trust to improve clinical accommodation for our patients. Maple 2 will not only provide top quality accommodation but will be a state-of-the-art environment designed for reducing operating costs.

During the initial construction period Maple ward will close for approximately 20 weeks, it will undergo a minor refurbishment to refresh the environment and patients will be relocated to other ward areas.

New Car Park for Scarborough

AFTER four years of planning Scarborough Hospital’s new car park has opened. The car park is designated for visitor and patient use only, with other areas previously used by patients and visitors available for staff use. This should make it easier for staff to find a parking space at all times of the day.

Staff should continue to park in the existing car parks and use the pay and display machines as usual over the coming weeks. There will be further work to improve traffic flow around the site as well as create more disabled spaces near the main entrance.

Lead Governor Helen steps down

Helen Mackman, the Trust’s Lead Governor, is stepping down from the role after four years in post.

A former nurse at a number of hospitals including York, Helen’s experience with patients and communities has provided a valuable link between the Trust and local communities. Helen has held roles at the Citizen’s Advice Bureau, Community Health Council, Clinical Commissioning Group, Macmillan Cancer Support and other groups.

Helen will remain a public governor for the City of York.

Alan Rose, Chairman of the Trust, said: “Helen has led the Governors extremely proactively and helped enhance the value of their role in overseeing the governance of the Trust and bringing a public perspective. On behalf of the Governors and Board of Directors I would like to thank Helen for the quality and depth of her contribution.

“The Governors have elected Margaret Jackson, an ex-staff member in York and now a public governor, as the new Lead Governor and we wish her all success in taking the role forward. Congratulations Margaret, and we look forward to your contribution to the governing body.”

The Council of Governors represents the views of the Foundation Trust membership and holds the Trust Board to account. There are 26 governors, elected by and from staff and members of the public across our communities, with some appointed by key stakeholders such as the local authorities.

New staff governors are being sought for five places on the Council of Governors and elections will take place for four of these in the summer. All staff are eligible to stand and vote. Look out for more details about the role in next month’s Staff Matters.
HYMS is currently looking for pregnant ladies to volunteer to assist with their forthcoming student Clinical Examinations in York Hospital. Volunteers should be between 20 weeks and 38 weeks pregnant in the week commencing 12 May and be willing to give either a morning or afternoon of their time to help with the final year exams.

It would involve answering questions on their pregnancy and general health. Volunteers may also have a brief examination of their ‘bump’ but nothing painful or intrusive. This will be to assess baby’s growth just like the normal examination at the antenatal visits. They would see three/four students individually for around 15 minutes each time. Students will be chaperoned by Consultant and GP examiners at all times. Lunch will be provided and they will either organise a taxi or reimburse travel expenses.

If you are interested or know someone who might be please contact Alison Woods on 772 6487 or email Alison.Woods@york.nhs.uk.

Carers needed
WOULD you like to help another family? Do you like having children around? If so, then City of York Council wants to hear from you.

They are looking to recruit carers to help with their Short Breaks Service, which provides regular short breaks to children and young people with a permanent and substantial impairment or illness.

Caring for a disabled child can be challenging for families. Short breaks can provide support for all the family by reassuring them that their child is safe and enjoying new and positive experiences with their carer.

Some carers provide day care, others provide overnight care. Some look after one child. Others look after a number of children. Community Short Break Workers support disabled young people to access activities in the community. Contract Short Break Foster Carers provide short breaks on a paid basis and tend to do this as more of a full time job looking after a number of disabled children.

Jenny Bullock, from the council’s Short Breaks Team, explained: “We’re particularly interested in hearing from people who have experience of working with disabled children and who would be interested in becoming full time Contract Short Break Foster Carers, but I’d also urge anyone else who’s interested in helping with short breaks to get in touch too.”

To find out more about how you can get involved visit www.york.gov.uk/shortbreaks or call 01904 555699.

Fostering appeal
FOSTER Carers are urgently needed to provide vulnerable young people in the York area with a safe and secure environment when they’re not able to live with their own families.

Foster Carers come from all walks of life are as unique as the children who need fostering. Age is not important, or whether you already have children, but you do need the space, energy and time to support a child in need.

For more information about becoming a Foster Carer in the York area and the financial package available email adoptionandfostering@york.gov.uk or call 01904 555333 or visit www.york.gov.uk

5 moments towards better hand hygiene

THE FIVE MOMENTS ARE BASED ON:
1. Before patient contact - Clean your hands before touching a patient when approaching him/her
2. Before an aseptic task - Clean your hands immediately before any aseptic task
3. After body fluid exposure risk - Clean your hands immediately after an exposure risk to body fluids (and after glove removal)
4. After patient contact - Clean your hands after touching a patient and her/his immediate surroundings, when leaving the patient’s side
5. After contact with patient surroundings - Clean your hands after touching any object or furniture in the patient’s immediate surroundings, when leaving, even if the patient has not been touched

HYMS is in need of your help...

THE Infection Prevention Team organised a ground breaking new approach to hand hygiene this April with an event held at York Hospital.

The event, which attracted staff from all over the Trust, was delivered by KS Healthcare, international experts on World Health Organisation (WHO) hand hygiene messages. It is aimed at changing the way people look and speak about hand hygiene highlighting five moments crucial to stopping the spread of germs at the point of care.

Anne Tateson, Hand Hygiene Coordinator, who organised the event said: “We were offered the opportunity for this expert training from KS Healthcare based on WHO guidelines for global hand hygiene. Their presentation was really inspiring as it defines the key moments for hand hygiene, overcomes misleading language and complicated descriptions. It follows the natural workflow of care and is designed to be easy to learn, logical and applicable in a wide range of settings. It’s a brilliant approach to getting everyone working together the same way.”

Vicki Parkin Deputy Director Infection Prevention and Anne Tateson Hand Hygiene Coordinator, Julie Storr and Claire Kilpatrick from KS Healthcare

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Are you ready to step up to the challenge?

The Global Corporate Challenge starts this year on 28 May 2014...and this year the challenge is to sustain your increased activity levels over the next 12 months! In teams of seven you’ll start the challenge by participating in a 100 day challenge to walk, run, cycle or swim around the world. You simply need to aim to walk at least 10,000 steps a day (cycling and swimming activity can be converted into steps). The programme extends to support you with your nutrition and relationship with food with access to on-line food diaries; a 16 day GCC ‘Sprint’ exercise before the Christmas festivities begin, where you can compete against a virtual component of your choosing to help maintain your energy levels and weight, as well as a focus on your energy levels, helping you to make the links to staying active and eating well and the impact this has on your health.

Registration opens on 22 April – to register your team click on the following link: https://www.gettheworldmoving.com/portal/13721-98520/york-teaching-hospital-nhs-foundation-trust

The cost per person will be £45+VAT (£54) and your team of seven will need to fund this. Have you considered applying for a Sports Team Grant to subsidise the cost? Find out more through our Staff Benefits pages www.yorkhospitals.nhs.uk and click on ‘work with us’, ‘staff benefits and wellbeing’ and enter the password staffbenefits1. Not got a full team? Why not contact our staff benefits team to access other people who want to make up a full team of seven via staffbenefits@york.nhs.uk

Car to be won in June Staff Lottery draw

THE STAFF benefits team are urging people to join the lottery scheme now to be in with the chance to win a fabulous Ford Ka car.

The lottery costs only £2 a ticket each month but application forms must be received by 7 May for a chance to win the car.

Since becoming a larger Trust there has been an increase in income which means that the prizes from January 2014 for the Staff Lottery have increased. Monthly cash prizes now total £3,125 with extra special monthly prizes.

Teena Wiseman, Staff Benefits Development Manager, said: “Income from the lottery is also spent on many benefits for staff such as the Gift Box Scheme, the online wellbeing zone, subsidised complementary therapies, and discount in the staff shops. We also help provide team sports grants, non vocational grants, terminal illness grants and staff podiatry. “We’d love as many people as possible to be in with a chance of winning a car and the bonus is that more income means more prizes plus an active increase in subsidised benefits.”

If you want to see for yourself the Ford Ka, it is outside the main entrance at York Hospital. Application forms are available on the Staff Room and in the centre page of the Staff Benefits Handbook.

Gym membership offer for Scarborough Hospital

WANT to join a gym and have access 24/7. Why not take a membership out for the gym at Scarborough Hospital for only £5.95 a month, no contract and have access 24/7.

The facilities which include a gym, squash court and changing rooms are available for staff and their family to join (additional cost of £5 each). The gym has eight fixed resistance machines which help strengthen and tone your muscles, ten cardio machines to boost your fitness to new levels and free weights for core stability. Staff and family members can join by completing a membership form on the Staff Benefits pages and an induction will be arranged at a one off cost of £5.

Information and application forms are on the Staff Benefits pages, go to Staff Room and click on the Staff Benefits pink quick link button and then enter staffbenefits1 to access the pages. Alternatively, contact the Staff Benefits Team on 01904 724326/1170 staffbenefits@york.nhs.uk
**New shop at Scarborough Hospital to open soon**

We have located an ideal area for a new shop for staff at Scarborough Hospital. Construction work has begun on the area which is close to Graham Ward and Pat’s Place and will be completed in April for the Grand opening in May. Staff who join the Staff Lottery will also receive a 10 percent off discount card (not available on ticket purchases) to use on purchases.

The new shop will be a fantastic benefit for staff working at Scarborough.

- Save staff time to shop in break periods instead of before or after work.
- Competitive priced goods
- A varied range of products
- Reduced tickets for cinemas, theme parks and attractions
- A hub to pick up information on all benefits for staff
- Payments for booking for beach huts, onsite gym and squash court
- Aim to make your pay go further

The shop opening times will be 9am to 3pm Monday to Friday. Further information on the grand opening will be posted on Staff Room and on the Staff Benefits and Wellbeing website.

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**Team building with a difference**

Recently HR staff had a time out day with a bit of a twist as HR Manager Vicki Mallows explains:

“We wanted a team building opportunity and also something to support our Health and Wellbeing agenda – at no cost to us! Through our association with York Cares, a charity that supports volunteering in the local community – we did some tidying up for the Friends of York Cemetery.

“York is unusual in that it has a cemetery garden owned by a charitable Trust rather than a conventional burial ground owned by the local council. There are over 20 acres of gardens, including six miles of pathways, so there is a lot to take care of! We were lucky to get a guided tour of the whole site, which dates back over 170 years, and understand who was buried where over the years, and why.

“We enjoyed the chance to be outside in the fresh air, and it was satisfying to see the results of all our hard work at the end of the day. It was surprising how much was hidden under overgrown plant life, the whole area has an atmosphere of being a secret garden and you certainly didn’t feel like you were in the middle of York as it was so peaceful.”

Comments made at the time and afterwards included ‘it was good to do something completely different as it was a real leveller and encouraged people from different teams to talk to each other’, ‘I got to know more about a colleague from another team in 20 minutes than I have in the last two years I’ve worked for the Trust’, ‘I came back to the office today and spoke to three people I wouldn’t normally have reason to speak to – because of doing the volunteering with them’, ‘the volunteering itself was good – it felt like we collectively made a real difference for the benefit of others’.

Vicki continued: “Clearly few of us are used to spending a full day gardening – and although there were a few aches and a lot of tired people – the day met our wellbeing, volunteering, and teambuilding objectives without having to spend money on a venue – the home baking we took along also helped lift morale!”

If you would like to know more about working or volunteering with York Cares please email vicki.mallows@york.nhs.uk
Health Visitor Sally classifies competitors for Games

NOW the Winter Olympics have ended sports fans won’t have to wait too long for their next fix with the Commonwealth Games due to be held in Glasgow this summer. One staff member who will be taking an avid interest in the Games is Sally Dornville, a Health Visitor from York who is a Classifier for bowlers with disability.

The Commonwealth Games are one of the largest sporting events in the world. However, unlike the Olympics, the last two Commonwealth Games have included fully-integrated events for elite athletes with a disability, meaning any medals won by athletes with a disability count toward the final medal count of the team for which they compete.

Sally has been involved in disability bowls for 17 years and qualified as a Technical Classifier for International Bowls for the Disabled in 2005. Classifiers are trained and certified officials who assess athletes’ impairments to determine their sport class and sport class status, according to the International classification rules for their sport.

Sally explained: “I recently attended an eight nation competition in Glasgow where we were classifying the bowlers ready for the Commonwealth Games in July. Disabilities included in that category are spinal cord injuries, polio, amputations, cerebral palsy, head injuries, multiple sclerosis, and many other locomotor disabilities. We assess their function, range of motion, muscle power, coordination and balance. There are different function tests for ambulant and wheelchair bowlers which are then graded into four categories. For the functional strength test we ask each athlete to bowl full length of the rink five times and score them on their achievement. For ambulant bowlers we assess their balance by watching them walk and deliver a bowl. For wheelchair bowlers we assess them in their bowling chair and how much assistance they need to deliver a bowl.”

Success for Staff Nurse recruitment

A RECENT one-stop-shop aimed at recruiting Staff Nurses to the Trust saw 21 offers made in one day across York and Scarborough. Another event at the RCN exhibition in Glasgow has also attracted 20 people eligible for offers.

Sister Marijke Brown took two days out of her busy schedule to attend the Glasgow event and reported a brilliant response. She said “We had enormous interest from people wanting to work for the Trust. The quality of candidates was of the highest standard and they were all so enthusiastic. Everyone had a different story as to why they wanted to be a nurse. We were wowed by the calibre of applicants and their experience.”

More help for breastfeeding

New mums whose babies are taken to the Special Care Baby Unit (SCBU) at York Hospital will now benefit from new high-tech breast pumps for use on the postnatal ward.

Breast milk has particular benefits, especially for sick or premature babies, as it is enriched with antibodies, fats and minerals. Mothers of premature babies are encouraged to provide breastmilk for their babies as it is easier for baby to digest, protects the babies gut, having a protective and a medicinal effect. Many babies are too immature or small to feed, so can be given the milk by other methods.

SCBU has donated three Medela Symphony electric breast pumps to ward G2. These pumps are specially programmed to mimic the suck of a premature baby. This will also ensure that mums have the ability to double pump on the ward and during their visit to baby on SCBU which will help maximise the amount of milk available for baby.

Morag White, Infant Feeding Coordinator, said: “For a new mum, being separated from baby after giving birth is one of the most difficult situations they can face. If women can provide their own milk for their baby it makes all the difference and it is important that expressing starts early and frequently.

“We are really grateful to Sister Ann Elliott from SCBU for facilitating the purchase and donation of these special pumps which provide essential help to mums in this situation. We have pumps on the ward but not as advanced as these so this gift will help this group of mums and babies. The pumps will make a huge difference and will free up the other pumps on the ward which we hope to loan out in the short term to mums in the community who are struggling with breast feeding.”

The equipment costs around £2000 each and the donation was funded from the paediatric trust fund.

Infant Feeding Coordinator Morag White demonstrates the new equipment to midwives Karen Batch, Laura Goss and Lucy Machon.
New team in York to help stroke patients

A new service has been introduced at York Hospital to help stroke patients return home from hospital earlier by enabling them to continue their specialist stroke rehabilitation in their own home.

The Community Stroke Discharge Team provides specialist early stage rehabilitation and discharge support for people who have had a stroke.

Launched in March, the specialist team provides support and rehabilitation to patients at York Hospital who have suffered a stroke, helping them to make the transition from hospital to home, sooner than usual.

The new multi-disciplinary team is made up of an Administrator, Consultant, Physiotherapists, Occupational Therapists, a Speech and Language Therapist, a Dietician and Stroke Rehabilitation Assistants.

As well as a reduction in the length of hospital stay, benefits for patients include more patient-centered care delivered within a home environment, improvements in long term recovery and independence in daily activities.

Ina James, Therapy Team Leader for Stroke, explained: “Around 450 people a year are admitted to York Hospital having suffered a stroke.

“Of these patients a large proportion require rehabilitation. Early and intensive rehabilitation during the first three months after a stroke is critical in minimising the patient’s disability and improving their recovery.

“Evidence suggests that patients recover more rapidly at home. This service will support patients to lead independent lives.

“We are delighted to have our new team in place and the service up and running. Our aim is that it will improve the long term recovery and quality of life for many stroke patients.

Statistics show that up to 43 percent of patients with stroke could be eligible for an early supported discharge scheme.

Previously patients admitted to York Hospital would remain in hospital until they no longer required daily help from the rehabilitation team. On discharge they would then be referred to the Community Stroke Team.

Working with other agencies including social services the new Community Stroke Discharge Team will be able to provide patients with a seamless service.

Patients who are accepted by the team will be contacted within 24 hours of their discharge from hospital with the first assessment taking place within 48 hours of their discharge.

The first phase of the project is to offer the service to patients in the City of York locality with a view to rolling the service out across the whole Trust in the future.

Engaging patients with art therapy

EXPRESSION through the visual arts can powerfully improve the quality of life for people with dementia.

In a new initiative by the Trust’s art team patients on ward 37 at York Hospital are being given the opportunity to be more creative with the help of art therapy student Angela Connor.

A mature student in her final year of an art therapy qualification, Angela has dedicated two days a week to the patients on ward 37 for the next few months.

Angela said: “This is a fantastic opportunity to put my studies into practice. Throughout my day on the ward I greet everyone and gauge who is receptive to my approach. I then build on the initial interaction using art materials to encourage the clients to express themselves in art while all the time engaging in an interactive dialogue.”

Senior Sister on ward 37, Mandy Rosier, said: “I am really looking forward to having Angela on the ward over the next few months. She has only been here for a couple of weeks and the patients are already engaging so well and seem to be enjoying the experience. Its lovely that we have the opportunity to have art therapy on ward 37 and it will be very interesting to see the completed pieces.”

Staff wanted to join Innovation Scout Network

NEW members are wanted to represent the Trust in the Innovation Scout Network.

NHS staff are constantly devising innovative new ideas for medical technologies, training aids, software and service delivery improvements during the course of their everyday work.

Medipex works with NHS trusts to help staff identify, protect and develop their ideas and is looking for volunteers to join the successful Innovation Scout Network as it expands into the Yorkshire and Humber region.

Any member of NHS staff with an interest in innovation can become an Innovation Scout.

All Scouts will receive CPD accredited training and full support from Medipex to carry out their new role, plus will become a member of an established peer network of national Innovation Scouts.

All they ask is that you can commit a minimum of six days a year (half a day per month) to this role. For further details, please contact Clare Lankester (clare.lankester@medipex.co.uk) or visit the Medipex website.

National Sun Awareness Week

NATIONAL Sun Awareness Week launches this year on 5 May and is aimed at helping prevent and detect skin cancer. People will be encouraged to regularly self-examine for skin cancer and learn about the dangers of sunburn and excessive tanning.

The Trust’s Macmillan specialist skin cancer nurses will be holding special awareness events in York and Scarborough. Specialist Nurse Lucy Skelton has arranged an information stand in York Hospital main foyer from 6 May to 9 May. Scarborough specialist nurse Janet Parish will be in the Brunswick shopping centre in Scarborough on May 9 and at the health and wellbeing day for cancer patients at the Falsgrave centre in Scarborough on 30 April.
Fundraising

More information
The Fundraising Manager is currently on maternity leave. For more information or to support an appeal please contact Claire Smith or Maya Richardson, Community Fundraisers on 772 1737 or 771 6210.

Time to book your Ball tickets

BOOK your now for the Midsummer Night’s Ball! Here’s a taster of the auction and raffle prizes:

- Auction
  - A week’s stay in a villa in Spain
  - Pamper weekend at Aldwark Manor with overnight stay, breakfast and dinner
  - Golf day with lunch
  - Weekend stay at a Haven holiday park
- Signed paintings from Braithwaites Gallery
- Paintballing VIP vouchers and lots more!
- Raffle
  - Family pass to Jorvik centre
  - Two tickets to the Theatre Royal
  - Tour of York Brewery
  - Voucher for Sidings Restaurant
- Face etc medispa treatment voucher
- Beer and wine
- Two days’ beach hut hire at Scarborough and lots more!

Tables are selling fast so to be in with a chance of winning these fabulous prizes, contact Mel on 772 724521 or e-mail charity.fundraising@york.nhs.uk.

Monday Blues Day
in aid of your local hospital

www.york.nhs.uk/fundraising
Charity reg no: 1054527

SURVEY – please complete, cut out and submit

We would like you to think about your recent experience of working in York Teaching Hospital NHSFT

Please enter your Employee Number (This is the 8 digit number which can be found on your payslip)

<table>
<thead>
<tr>
<th>Extremely Likely</th>
<th>Likely</th>
<th>Neither Likely nor Unlikely</th>
<th>Unlikely</th>
<th>Extremely Unlikely</th>
<th>Don't know</th>
</tr>
</thead>
</table>

How likely are you to recommend York Teaching Hospital NHSFT to friends and family if they needed care or treatment?

What is the main reason for the answer you have chosen?

<table>
<thead>
<tr>
<th>Extremely Likely</th>
<th>Likely</th>
<th>Neither Likely nor Unlikely</th>
<th>Unlikely</th>
<th>Extremely Unlikely</th>
<th>Don't know</th>
</tr>
</thead>
</table>

How likely are you to recommend York Teaching Hospital NHSFT to friends and family as a place to work?

What is the main reason for the answer you have chosen?

Thank you. Now please fold your questionnaire and place in the ballot boxes provided.

To access the survey scan the QR code with your smartphone