Matron Faith helps out typhoon-torn Philippines

When the Philippines were hit by a devastating typhoon last November the plight of the people pulled at the heartstrings of the whole nation.

While most of us could only make a donation of money to help those in need, Community Matron Faith Turner went a stage further and flew out to the Philippines to pitch in. Staff Matters spoke to Faith to hear her fascinating first hand experience as a member of a disaster relief team.

"The adventure began for me Sunday 10 November about 8.30pm when I received an e-mail informing me that I was being deployed and had a ticket reserved to fly to the Philippines the next day! I had less than 24 hours to scramble all my gear together, including water filter, safety helmet, and food for ten days. I also had to sort out my patients with my wonderfully supportive colleagues and get permission from my manager. Amazingly things fell into place and at 11.30am on Monday I staggered onto the train with my oversized rucksack heading towards typhoon torn Tacloben in the Philippines.

"I had been part of disaster relief team RescueNet for two years and, having completed three periods of training, had been waiting for an opportunity to use some of the skills learnt. I had always wanted to respond to disasters in a practical way and was excited to be part of a team that enabled me..."

Continued on page 2

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
Faith aids typhoon-torn Philippines

Continued from page 1
to do that, however now it was here the challenge and enormity of what I was getting myself into began to hit me afresh.

“It was great to meet up with other members of the team in Cebu, an island that wasn’t affected by the typhoon, where we organised our equipment, sorted tents, (which we gave thanks for, as they arrived in spite of being told they were lost in transit!) and bought medication and dressings. We arrived in Tacloben city airport in the pitch black, courtesy of a military plane, our luggage was dumped on the runway and we were surrounded by the chaos of hundreds of people trying to get away. The army was milling about with large guns keeping order, and an unpleasant odour was filling the hot humid air.

“Miraculously we made contact with the Mayor of Tuanon, a small town approx 30 miles south of Tacloben, who asked us to help him and his town, and with some military protection we made our way through the devastated streets to serve in whatever way we could.

“The devastation was never ending, and total. Even the trees and bushes were stripped bare, standing stark and naked, the debris was everywhere!

We were able to set up a clinic in the town hall and dealt with lots of people who had suffered a variety of injuries and dressed lots of wounds, many of which were extensive. Some of our team were involved in lots of practical tasks such as fixing tarpaulins on the roof and organising water filtering. Body retrieval was still a major issue, so some of the team helped with that and retrieved 21 bodies, men, women and children. One of our team focused on helping the children come to terms with the disaster and to encourage them to play and smile again.

Dengue fever, tetanus and cholera were becoming an increasing problem, as well as other infectious diseases, and of course diarrhoea and vomiting so it was good one day that I had the opportunity to do some health education in an evacuation centre. This was one of the most challenging experiences I have ever had, (and I have had a few over the years including working in the Amazon and Bogota), and involved a fast learning curve, very different from managing wounds in my current job as Community Matron! Flexibility was key to survival, as situations changed all the time and living circumstances were basic to say the least.

“I found it so humbling to see the warmth, appreciation and courage of the Filipino people as they started to pick themselves up, smile in spite of enormous grief, and to live again. It was good to make a difference, however small, and when we left it was satisfying to know that a German team with large container of medical equipment would be taking over. We had done what we were designed to do - as a small organisation respond quickly to a need just outside the main response area, and when the larger organisations arrive we pull out.

“The aid and support was arriving, but as we left we could clearly see the enormity of the task of rebuilding lives and it was obviously going to take years, so it was with some sadness we went, our hearts with the people who had touched them. It was a privilege to be able to go to the Philippines and for me I know without my faith I would not have had the strength to go, and I am very thankful for the opportunity.”
New acute dialysis unit opens at York

A new Acute Dialysis Unit (ADU) with three haemodialysis stations has officially been opened at York Hospital.

The new unit is on the second floor of the hospital between Wards 21 and 23.

The opening of the ADU will provide more convenient and comfortable care for hospital inpatients with renal failure. It will enable patients to have haemodialysis treatment close to their ward, in a specialist unit, staffed by haemodialysis nurses.

Dr David Border, Clinical Lead for Renal Medicine, explained: “This is a real step forward in managing patients who require haemodialysis support at York Hospital.

“The opening of the unit will help us efficiently plan dialysis treatments, benefiting both inpatients and outpatient who require dialysis because of kidney failure.

“Inpatients will now be treated in a specialist unit closer to the medical wards and will no longer have to travel the length of the hospital for dialysis on the renal unit, as was the case previously.

“This will not only have a positive effect on inpatients but also for those who dialyse on the main unit.”

The Acute Dialysis Unit will also be used for training patients to have home haemodialysis, including nocturnal treatment. The unit will initially provide space for three patients, expanding to four in the future.

David continued: “The opening of the unit will help the Trust provide a high quality renal replacement programme allowing local people with kidney failure access to a full range of dialysis services.”

Orthopaedic surgery developments planned

PLANNED operations for orthopaedic patients on the East Coast will soon be delivered at Bridlington Hospital.

Patrick Crowley, Chief Executive, said: “The amount of accommodation available at Bridlington Hospital provides us with the opportunity for a new orthopaedic ward and theatre complex designed around the needs of our patients.

“Kent ward has been refurbished to create an elective orthopaedic facility in readiness for this move, and a modular operating theatre is due to be installed at Bridlington Hospital to enable this to happen more quickly.

“Some sessions are already being delivered at Bridlington, with more due to start in the coming months. This gives us the opportunity to realise our aspiration of becoming an Orthopaedic Centre of Excellence, and to use Bridlington Hospital to its full potential, whilst better serving our patients.”
Staff development

WORK has begun to develop the next stage of the Staff Room navigation. Following the focus groups which took place last year, work has begun to create new folders (down the left hand side) and to begin the transfer of information from Horizon and the Scarborough intranet into the relevant folders.

Guidance has been developed and training will shortly take place for staff/departments.

'Top Searches' contains the most searched for information so that may be a good starting point if you are looking for information. The link to online expenses and payroll forms are now in this section.

Documents note
A REMINDER that all corporate and clinical policies and procedures are published on Staff Room.

Some of the documents are site specific but these are indicated. Other clinical documents may still be published on Horizon only, although work is to commence later this month to set up a Clinical Handbook facility on Staff Room. Please note that this is a significant piece of work and will take time to establish.

The old Scarborough intranet will not be disabled until the new Clinical Handbook is available.

Intellectual property policy

STAFF are reminded that the Trust’s Policy on the Management of Intellectual Property (IP) can be found on Staff Room under corporate policies and procedures.

The Policy was updated in 2013 and sets out to clarify for staff what to do when they have a new or novel idea or invention. If you do have any ideas, innovations or inventions and are not sure what to do with them please contact Damon Foster, R&D Manager via email or on 772 6606 or contact Medipex healthcare innovation hub (www.medipex.co.uk), the Trust’s IP Advisors. Both Damon and Medipex will deal with your idea in the strictest confidence.

Le Tour volunteers call

WITH LESS than 135 days to go, plans for the arrival of the Tour de France in North Yorkshire on Saturday 5 and Sunday 6 July are now well underway.

The Trust’s Tour de France planning group is now working with local authorities, NHS England, other hospital trusts, and agencies including the police and ambulance service. They are also co-ordinating individual directorates and service team plans and supporting arrangements to limit identified risks.

Information about road closures in North Yorkshire and York has been released. Some roads in the City of York will close from 5am on Sunday to allow for preparations for the Tour which means that certain streets and properties will be cut off until the road reopens at noon, and in some cases 5pm. This will have an impact on service provision for patients and potential disruption to travel arrangements for staff.

It’s estimated there will be a million or so extra visitors arriving in the week before the Tour and staying on afterwards. Shift times for staff at York Hospital for Sunday 6 July will be amended to ensure staff are able to be on site before the 5am road closures take effect.

To ensure that there are sufficient staff and appropriate skills on site on the day, the Trust is looking for volunteers to work on the Sunday. Anyone available should let their manager know as soon as possible.

Suggestions and comments for the planning group should be sent to Trust’s Emergency Planning Adviser by emailing Derek bartrop2@York.nhs.uk

The group are interested in hearing staff views on the opportunities that the Tour provides for the Trust such as promoting fitness.

For more information about the Tour de France in York please visit www.york.gov.uk/tourdefrance. Look out for further updates in Staff Matters, Staff Room and Staff Brief.

Celebs help promote sexual health message...

LOOK OUT for some familiar faces who from this month will be brightening up the contraception and sexual health (CASH) clinic waiting room at Monkgate Health Centre.

As part of a wider marketing campaign, the CASH waiting room is undergoing a makeover in a bid to not only make it more user friendly but to help promote Chlamydia screening. As well as the cardboard cut outs – who will be wearing branded YorSexual Health t-shirts - wall art, grafitti and video footage will help promote important messages around Chlamydia screening to waiting patients.

The marketing campaign is being run by Force 7 – a specialist youth marketing agency – in a bid to increase the take up of chlamydia screening by 16-24 year olds.

Become a York Bike Belle

YORK Bike Belles is York’s new cycling community for women. Yorkshire is one of the UK’s top cycling cities and as regular cyclists know, cycling is by far the quickest way to get out and about town!

However, only 25 percent of cyclists are women and 75 percent of women never cycle at all.

York Bike Belles wants to encourage more women in York to cycle, more often! You can help get the York Bike Belles show on the road…

Complete the Bike Belles survey at www.surveymonkey.com/s/yorkbikebelles

Become a Bike Belles pioneer

Would you like to start cycling? York Bike Belles is giving three women a free bike, cycling support and the opportunity to be in a special Bike Belles video. In return, we will ask you to share with us your journey into cycling. Contact Sheridan.piggott@sustrans.org.uk if you are interested.
Praise for Scarborough from Physio Assistant

We know all too well that it is often only the negative stories and complaints that make the headlines so it is lovely when we get to hear positive feedback, as we know that the majority of our patients receive safe and high quality care.

Staff Matters received the following email from Lucy McGuire a Physio Assistant at Scarborough Hospital who got to experience life on the other side – as a patient – when she was admitted to the hospital in November.

Lucy wrote:

“I am aware that the care of patients in the NHS is often portrayed in the media in a negative light and all we hear about are the bad stories. I just wanted to say that the care on both the wards I was treated on was lovely, not just for me but for the other patients around me.

“The staff on Cherry and Willow Wards were friendly, patient and professional at all times, particularly at night time where there were a few confused patients. The patients were spoken to respectfully and treated in a dignified manner.

“From what can be quite an overwhelming and frightening experience was made all the more easy by the staff who work in this hospital – from porters to x ray staff, outpatients, clinical support and nurses and HCAs. Not to mention team physio who kept my spirits up by visiting me!

“I think it’s important that we are aware that we are doing a good job and that we should keep up the good work!”

Red Cross seeks Scarborough volunteers

VOLUNTEERS are wanted for the Red Cross Fire and Emergency Support Service based at Seamer Road, Scarborough. They will work as part of a team to provide help to people who have suddenly found themselves in crisis following a fire, evacuation, incident or flood by providing practical help and emotional support. Applicants must be able to drive and be available to volunteer on a rotating basis.

Due to the nature of this role Volunteers must be able to reach Seamer Road within 25 minutes. Contact Ruth Dale on 01723 376783 or email: JanetWaite@redcross.org.uk

Top award for Medical Engineer

CONGRATULATIONS to Medical Engineer Jason Wilsher from Scarborough Hospital who has been given a special award by the Institute of Healthcare Engineering and Estates Management (IHEEM).

Jason was presented with the William E Schall Award for excellence in medical technologies which goes to the graduate who has made the best contribution while studying the Medical Technologies Foundation Degree Course.

Jason was given the award for achieving fantastic grades throughout his course. It was presented at the 70th IHEEM anniversary lunch which took place at the House of Lords.

Jason is now starting a top-up course that will lead to a BSc (Hons) in Medical Technologies Management.

Positive feedback about park and ride

A TEMPORARY park and ride system has been introduced at Scarborough Hospital to help with parking problems while the new car park is under construction.

Staff are being encouraged to use the Seamer Road park and ride to help alleviate the pressures on site for patients.

Staff member Lucy Lowthian, used the service when she travelled from York to Scarborough for a meeting. She explained: “The Park and Ride was so easy to use, I was surprised that more staff were not using it. It only took ten minutes to park up and get from the car park to the hospital. There were plenty of car parking spaces and I didn’t have to wait for a bus. It was so much easier than driving around Scarborough Hospital looking for a parking space.”

A shuttle bus travels back and forth from the park and ride site to the main reception approximately every nine minutes. The service operates Monday to Fridays with the first bus departing from Seamer Road car park at 07.30am and the last bus departing Scarborough Hospital main reception at 6.00pm.

Cakes wanted!

YORK Hospital, in conjunction with SANDS, the Stillbirth and Neonatal death charity, are holding a service of Love, Thanksgiving and Remembrance on Mothering Sunday, 30 March 2014 at 10.30am in the Chapel at York Hospital.

Following the service refreshments and cake will be provided. All donations of cakes or biscuits will be gratefully accepted to support this service.

Anyone able to help should contact the York Bereavement Services.

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Nutrition and Hydration Week

**New thickener set to arrive**

AN INNOVATIVE instant food and drink thickener designed to thicken hot and cold food or liquid to help people with swallowing difficulties will be launched to mark Nutrition and Hydration Week. All wards will be switching from ‘Thick and Easy’ to ‘Resource ThickenUp Clear’. The change is in response to patient and staff feedback and will further improve patients’ comfort and safety. Once thickened, the consistency of drinks does not alter, allowing jugs of drink rather than cups to be prepared which will remain safe throughout the day. ‘Resource ThickenUp Clear’ is designed to be tasteless and therefore

**Staff are also being encouraged to sign up for webinars on a variety of topics through the nutrition and hydration week website.**

Dementia awareness in action at Scarborough

Staff Matters spoke to Martyn Brooks, a Band 5 Rotational Physiotherapist at Scarborough Hospital, about how he has put into practice the skills he learnt from attending a dementia training course delivered by Damien Murphy.

Martyn explained: “The objective of the training was to gather a greater experience of the needs of people with dementia. How to identify symptoms, how to avoid triggers through social interaction, and how to spot the difference between dementia and delirium.

“The lecture was delivered in a very interactive way and I found it both useful and reassuring. Particularly from the work I had been doing alongside my colleagues, Senior Physiotherapist Lorraine Toal, Physiotherapy Assistant Anne Richardson, Occupational Therapist Lindsey Parkin, and the wider MDT, in order to provide the effective and efficient discharge of patients with dementia.

“Once back on the ward, we sourced copies of the Alzheimer’s Society ‘This is me’ leaflet and we got the opportunity to test out the theory in practice with two patients with dementia.

“Incorporating the use of body language and empathetic questioning, “I can see you’re feeling anxious” terminology, we were able to gather useful social information to document in the ‘This is Me’ leaflet. The patient’s family was also able to fill out the personal passport on their arrival, and advise when the ideal time would be for medication, to avoid unnecessary emotional discomfort for the patient. This leaflet became a useful link between the family and healthcare professionals, with the patient at the centre.

“My colleagues and I felt empowered by this knowledge and the instant results. From a physiotherapy perspective, through the use of the ‘This is me’ leaflet we were able to achieve effective patient focused, calm interaction, which had direct impact for the patient’s health and well being.

“We have since arranged for internal workshops for ward staff who were not able to attend the ‘Awareness of Dementia’ lecture, and introduced the document to Waters and Johnson Wards in Bridlington”.

“I am really grateful for this opportunity to improve the patient centred care at Scarborough and Bridlington Hospitals.”

Cardiology research event brings people together

IN DECEMBER the Cardiology Research Team organised another successful event bringing together staff, patients and their families.

This was the third event that the team have organised giving patients who have taken part in past studies the opportunity to come together with staff in an informal setting.

The event began with an interactive Christmas quiz presented by Dr Kathryn Griffith, GP Specialist in Cardiology.

The aim of the quiz was to highlight healthy eating and exercise at Christmas especially for cardiac patients.

A Christmas dinner with all the trimmings was presented to patients and they were asked to highlight the healthy and none healthy aspects.

The quiz was followed by a presentation from Lorraine Wright, Senior Research Nurse in Cardiology, who gave a talk about research, its benefits and how to get involved. The presentation also covered the most recent NIHR initiatives of “It’s ok to ask” and “Research Changed My Life.”

The presentation was followed by refreshments in the common room where staff and patients had the chance to chat in an informal way about healthy eating, exercise and patient involvement.

Drew Atherton, Cardiology Research Nurse, explained: “The patients were very appreciative of the effort made by staff and everyone said that they had enjoyed it very much. We plan to repeat this event again this year.”

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New advice issued on prescribing antibiotics

Resistance to antibiotics and other antimicrobials is a major threat to public health and patient safety. The current increase in Clostridium Difficile infection (C.diff) in the Trust is linked to antibiotic prescribing and by avoiding inappropriate antibiotic use this debilitating and potentially fatal infection can be avoided.

Recently the Trust updated guidelines on prescribing antibiotics for adults and last month launched a new poster giving easy access to clear antibiotic prescribing advice to be displayed on wards.

Dr Neil Todd, Consultant Microbiologist, explained: “Prudent antibiotic use is vital as there are increasing levels of local and global resistance, multi-drug resistance and, as reported in the media, there are now emerging strains of bacteria that are resistant to all current antibiotics with very few new antibiotics in the development stage. It is therefore essential that antibiotics are only prescribed when there are signs of clinical evidence of bacterial infection and samples should be obtained before giving treatment. Indication and course length should be documented on the prescription chart and this is audited across the Trust each month. Complex cases must be discussed with a microbiologist.

When asked about the importance of antimicrobial stewardship, David Pitkin, Chief Pharmacist, said: “It is important to emphasise the value of a collaborative approach to the prudent management of antimicrobials. We all have a role to play, pharmacists, nurses and clinical staff. As such it is vital that everybody involved with the prescribing, supply and administration of antimicrobials familiarise themselves with the contents of the new poster.”

The poster and the prescribing pathway can be found on Staff Room under Policies and Procedures/ Antimicrobial Stewardship Guidelines then Antimicrobial Treatment Poster or Antimicrobial Treatment Pathway can be selected. For antimicrobial prescribing advice contact the consultant microbiologists (via switchboard) or the pharmacy antimicrobials team at York on 772 1394/5 or Scarborough 771 2092.

York Hospital Radio celebrates 50 years

SUNDAY 26 January marked 50 years since York Hospital Radio’s first broadcast. This first ever programme was a request show to the former Fulford Maternity and Naburn hospitals which was broadcast in 1964.

Fifty years on, the volunteer broadcasters are still entertaining listeners in York Hospital 24/7, with a mixture of music shows, requests, football commentaries, live broadcasts from York Theatre Royal alongside information designed to help patients during their stay in hospital.

Today, the station has state-of-the-art studios located next to Groves Chapel and has around 25 active members. A mixture of live and pre-recorded shows ensures that York Hospital Radio can be heard at every bedside, 24 hours a day, free of charge.

Full details of York Hospital Radio can be found at www.yorkhospitalradio.com. The station is always looking for new volunteer recruits.

Electronic Rostering – did you know?

SIXTY ONE percent of staff who answered the 2013 eRostering Survey said they were unaware that they could put a note on Employee OnLine (EOL) when requesting a day off if they had a GP/dental appointment and therefore were available to work for some of the day.

There are training materials on the Q drive that provide support to staff on how to use EOL, and specifically on how to add a note to a day off request – go to Q:\ Rostering\Training Documentation and choose the EOL folder.

Opting out of long days

A surprising number of staff said that although they felt long days had a detrimental effect on patient safety, cover for the ward, staff work-life balance, and staff wellbeing, they were still working them. Please remember that if you feel that working long days is something you no longer wish to do – speak to your manager.

Your comments matter

There were lots of opportunities in the 2013 survey to offer comments on your experiences of being rostered electronically. We have put together a feedback document that also includes your comments and our responses – this can be found on the Q drive – Q:\Rostering\Staff Feedback.
Staff Benefits and Wellbeing

A regular section where you can read more about the benefits that you are entitled to as an employee and how we support the wellbeing of our staff.

Follow Staff Benefits on Twitter @YHstaffbenefits

Staff Lottery prizes

Staff Lottery prizes have been increased for 2014 and the value of the prizes now stands at a staggering £52,000, which can be won over the coming 12 months.

- Each month there are 14 cash prizes ranging from £1,000 to £50 – a total of £3,125 – alongside extra special prizes which include a car!

- To join complete an application form which can be found on the Staff Benefits pages on www.yorkhospitals.nhs.uk password staff benefits1, or from the Staff Shop, York Hospital or Pat’s Place, Scarborough Hospital and also in the Staff Benefits Handbook or by contacting the team on 01904 721170/724326.

Fantastic prizes to be won in staff lottery

Monthly Special prizes include:

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<thead>
<tr>
<th>Month</th>
<th>Prize Description</th>
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<tr>
<td>February</td>
<td>Apple ipad</td>
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<td>March</td>
<td>National Trust family membership for 12 months</td>
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<td>April</td>
<td>York Races ‘Dine and View’ experience for two people</td>
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<tr>
<td>May</td>
<td>£175 of Betty’s cookery school vouchers</td>
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<tr>
<td>June</td>
<td>STAR PRIZE A NEW CAR</td>
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<td>July</td>
<td>Weekend spa break for two at the Crown Spa Hotel</td>
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<td>August</td>
<td>Kindle Fire tablet</td>
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<td>September</td>
<td>Afternoon tea for two at the Cedar Court Hotel, York</td>
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<td>October</td>
<td>£200 Superbreak vouchers</td>
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<tr>
<td>November</td>
<td>A bouquet of flowers each month for a year</td>
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<tr>
<td>December</td>
<td>Four prizes of £250 shopping vouchers</td>
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Lucky staff scoop £2k holiday prize

Two lucky members of staff scooped £2,000 in holiday vouchers in January’s Staff Lottery draw.

The winners, who can spend the vouchers on a holiday of their choice, were presented with their prizes at Quartz Travel in York on Thursday 30 January.

The lucky recipients were Sian Sayer, Staff Nurse on ICU, and Physiotherapist Debbie Plowman who works in Gynaecology at York Hospital.

Teena Wiseman, Staff Benefits Manager, said: “With more staff joining the lottery scheme than ever before we have increased the value of prizes for 2014. “The Staff Lottery scheme is one of a number of staff benefits and well being schemes open to Trust staff.

Where is Charlie?

Charlie the Chimp is the latest member of the Staff Benefits Team. Charlie is swinging into action and taking up the very important role of Staff Benefits Mascot.

One of Charlie’s tasks is to keep you up-to-date with the latest Staff Benefits news via Twitter. He will also be posting regular competitions on Twitter for the chance to win fantastic prizes including a £25 John Lewis Voucher. Join us now on Twitter @YHstaffbenefits and see what Charlie is doing now!

New designs in Staff Shop

The Staff shop in York Hospital has undergone a facelift. Teena Wiseman, Staff Benefits Manager, explained: “The staff shop hasn’t been improved for ten years so it was in need of a makeover. The Art and Design team was consulted to see how the shop could be transformed and working with Owen Turner of York-based design company, United by Design, they came up with its new look.”

The improvements include a bright, new colourful wall design in the form of a word cloud, new product signage, coloured shelf labelling and a new information board outside the shop.

Please visit the shop to see the fantastic improvements for yourself.

Scheme window

The HOME Technology Scheme (Computers and Mobile Phones) window will open on Monday 3 March and close on 31 March. Leaflets will be handed out with February payslips in the Mallard Restaurant and will also be coming via internal post to all areas. To access the scheme from 3 March go to www.lets-connect.com/yth2014
New addition to Celebration of Achievement awards

The Good Citizenship Award is a new category to the awards created to recognise people within the Trust who have used their skills outside of work to help the community at large, or more specifically in an emergency situation.

It’s aimed at the team or individual who has demonstrated good citizenship and public spirit by actively contributing to the wellbeing, safety or care of members of the community whilst outside of their working role. Judges will be looking for inspiring stories of how individuals have demonstrated good citizenship outside of work by:
- an act of bravery using their work related skills in an emergency situation
- worked continuously and tirelessly as a charity worker for a significant period of time
- actively improved the environment as part of a long term regeneration or development project.

Nominations opened on 17 February and forms can be downloaded via Staff Room by clicking on the pink Staff Benefits quick link. Please make sure you fill in all contact details. You can find a paper copy of the nomination forms in hospital dining rooms and reception areas. If you choose to complete a paper copy please write clearly.

If you would prefer to tell us your story face to face please contact the Recognition Team on 01904 726491/724096. The closing date for nominations is Tuesday 29 April 2014.

DECEMBER’S Star Award Winner is Paul Sunman, Electrical Assistant at York Hospital. Paul was nominated by Bev Richmond, Occupational Therapist, for going above and beyond the call of duty, demonstrating great compassion and empathy.

When approached by ward staff to adapt a nurse call switch, Paul quickly created a device which enabled a patient, unable to use their upper limbs, to call nurses via a specially created head switch. This invention helped alleviate the patient’s anxiety allowing them to sleep better.

Paul also quickly adapted another switch so that there are now three specialist nurse call switches which will dramatically benefit future patients in the same situation.

This month’s very worthy runners up include Yvonne Wilson, Domestic Assistant at Scarborough Hospital who helped assist a very confused patient on the way to starting her shift.

Jo Whitmore, Occupational Therapist, was also nominated after stopping to ask a poorly looking man if he was ok. Jo went to get medical help and also went to find a screen to protect the patient’s dignity whilst he lay on the corridor floor.

Jenny Senior, Case Manager at Haxby Group Practice, was nominated by the husband of a patient for the invaluable support that she not only gave the patient, but family, during her treatment and after she had passed away. In his nomination he wrote that Jenny “was a great example of the NHS at its best.”

Farewell to long serving staff with 287 years of service

THIRTEEN staff from the Trust that between them had completed a total of 287 years of service, enjoyed afternoon tea at The Royal York Hotel to mark their service retirement. Staff travelled from Whitby and Scarborough hospitals to join staff from York in celebrating their retirement.

Patrick Crowley, Chief Executive spent time talking to everyone and wished them all the very best for the future.

Have fun and improve health

WHY not set your own Health and Wellbeing challenge from 21–23 March when Sport Relief will be running theirs?

To get you started, Staff Benefits and Wellbeing offer a range of discounts for sport and leisure facilities for Trust staff, including discounts for gyms and leisure centres, and a cycle scheme that offers the opportunity to purchase cycles through a salary sacrifice scheme. For more information go to the Staff Benefits pages www.yorkhospitals.nhs.uk and click on ‘work with us’ and enter the password staffbenefits1.

The Wellbeing Zone and mobile phone App provide a free resource of information to support your health and wellbeing. To register on the Wellbeing Zone go to: york.wellbeingzone.co.uk and use the code YORK1.

Stop Smoking Day – 12 March 2014

STOPPING smoking doesn’t have to be all about losing something – think about what you can gain by giving up.

Giving up may be hard to do, but it can be done. The important thing is to get started.

Use these websites and phone numbers to find out more: North Yorkshire Stop Smoking Service 0300 303 1603 www.smokefree.nhs.uk - 0300 123 1044 www.nosmokingday.org.uk

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How digital mapping data could benefit the Trust

THE ESTATES team have been learning how sharing geographical data with other public sector organisations could help improve service delivery in a cost effective way.

The Public Sector Mapping Agreement (PSMA) is a ground-breaking licence agreement between Ordnance Survey and the government which allows geographic and address data to be shared between public sector organisations for free.

According to statistics, the public sector currently has over £385 billion worth of property under management and the aim of the project is to determine where the assets are and where they need to be, as such information is vital to running an effective estates management programme. Over 3,000 such organisations have already registered with the scheme.

The Trust’s computer aided design (CAD) technician Tom Whitfield said: “As an existing CAD user, I am keen to understand how a geographical information system (GIS) can complement our existing systems and help us map asset locations to understand how facility location can improve service delivery. I can also see benefit from geographic analysis across other areas of the Trust, particularly business intelligence teams. This would not have been possible without the PSMA and the support provided by Ordnance Survey.”

New policy on temporary staffing

A NEW policy and procedure setting out the Trust’s agreed processes for the use of temporary nurse staffing has been launched. It covers all nursing and midwifery areas for bank and agency workers and includes operating department practitioners, nursery nurses and district nurses.

The policy states that temporary staff should only be used as a last resort, in order to maintain service provision. It includes a list of alternative options that must be considered first. The decision to send vacant shifts out to agencies must be taken by a matron or locality manager (or bed managers out of hours). The exception to this is theatre services that do not use bank workers.

Substantive staff wishing to work additional hours that take them over 37.5 per week, must do so via an internal bank contract or NHS Professionals. Where there is an exceptional business need to use a non-framework agency for nursing staff, prior authorisation must be sought from the Director of Operations or Assistant Director of Nursing (out of hours via the bed management team).

All workers undertaking bank or agency work, including substantive staff with bank contracts, must adhere to the Working Time Regulations in terms of daily and weekly rest periods, as well as taking breaks within shifts.

The new policy can be found on Staff Room under Policies & Procedures / Corporate Documents.

LGBT history month

Lesbian Gay Bisexual Trans (LGBT) History Month takes place every year in February. It celebrates the lives and achievements of the LGBT community and is being marked with displays across the Trust and an art exhibition in York Hospital.

In addition a staff survey has been sent out asking staff to express their views on developing a staff LGBT network at the Trust.

The survey can be completed online on Staff Room or a paper copy picked up at the displays. The Trust is particularly keen to hear ideas on how we can become more LGBT friendly.

Please contact Margaret Milburn, Equality and Diversity Facilitator, on 772 6633 or email margaret.milburn@york.nhs.uk with comments or feedback.

Matthew Harper
Diversity Campaigns Officer:
– We have 21 staff members in our latest network group. It is a truly valuable asset to achieving the organisations mission on equality and diversity and also an extremely useful mechanism for empowering our staff. It is easy for equality and diversity to be ‘somebody else’s job’, but for it to really work and make a difference it has to be everybody’s job, on an every day basis, in everything we do and that’s why network groups are so important; they take E+D out of policies, out of monitoring forms and databases and hand it back to the people it stands to serve. 

Andy Law
Secretary, York St John University LGBT Staff network:
– York St John University’s LGBT Staff Network helps to raise awareness of the experiences of LGBT people and contributes to the University’s diversity agenda. Its first meeting took place in September 2013 and since then a lot has been happening. The LGBT Staff Network has helped raise the profile of LGBT matters in the University and strengthened ties with the community.
New equipment for Whitby Hospital

ABBEY Ward at Whitby Hospital has taken delivery of new equipment which will alert staff if a patient has fallen. The six fall sensor mats cost just over £2,000 and were bought with donated funds. The new equipment will help staff to respond quickly when a patient has fallen, as an alarm goes off when a patient is no longer in their bed or on their chair.

A steady walker was also purchased which allows staff to move patients comfortably and conveniently.

Fundraising Coordinator Maya Richardson visited Whitby to see the new equipment in action.

Sharing good practice

HYMS at Scarborough Hospital is hosting a ‘sharing good practice’ event on 12 March.

The aim of the event is to provide staff with the time and facility to meet with colleagues from both primary and secondary care to discuss issues of common experience, concern and good practice.

The event will offer a variety of workshops and short presentations. These will include the sharing of ideas and discussion of new approaches to teaching and learning activity.

The evening will be facilitated by Phil Perry, Alastair Falconer, Anne Polkey and Gordon Hayes. The event takes place on Wednesday 12 March 2014 at 6.30pm. Buffet and drinks will be available.

Energy management award

CONGRATULATIONS to Energy Manager Brian Golding who has been awarded ‘Best Project Manager’ by the Carbon and Energy Fund. The project to save almost 3,000 tonnes of CO2 each year and cut energy costs by £848,000 has seen the award presented to Brian because the project was so well managed. Brian said: “It’s great to be recognised for all the work we’ve put into the project.

3,000 tonnes of carbon emissions savings at York Hospital is 22 percent of the Trust’s energy emissions across all areas so it has a huge impact overall.” The Trust is committed to reducing its carbon emissions, having signed up to produce over 1500 copies.

- Lighting an office overnight wastes enough energy to heat 1000 cups of tea
- A window left open overnight in winter will waste enough energy to drive a small car over 35 miles
- A PC monitor switched off overnight saves enough energy to microwave 6 dinners
- A chiller door left open for 30 minutes a day wastes enough energy in a year to power a lighthouse for nearly four days.

Pension info

THE NHS Pension Scheme member contribution increases for scheme year 2014/2015 (year three of three).

Further revised contribution rates for Scheme members have been released. These proposals will, subject to normal Parliamentary processes and approval, become effective for the Scheme year 1 April 2014 to 31 March 2015.

The latest information can be found on the NHS Pensions Scheme website (www.nhbsa.nhs.uk/pensions) which includes a link to a personal calculator.
Fundraising

More information
For more charity information or to support an appeal, please contact Lucy Lowthian on 01904 721737 or email lucy.lowthian@york.nhs.uk

Round-up of activities

Coming soon:

Le Tour Des Hospitals
Sunday 13 July
Charity bike ride from York to Scarborough Hospital (there is also a shorter route to Castle Howard)
More information available soon.

Bric a brac and refreshments

JOIN us on Tuesday 11 March at St Crux Church between 10am and 4pm.
We will be serving refreshments and there will be a variety of stalls selling all kinds of goodies.
If you are interested in helping out on the day or have anything to donate please contact us and we hope to see you there.

Nurture groups support breastfeeding mums

The Health Visiting Service has developed breast feeding nurture support groups to help new mums who need help and information on breastfeeding. The groups provide support to mums in areas where there was previously no access to support and low breastfeeding rates.
Nurture is part of the Trust’s overall strategy to promote, sustain and increase breastfeeding rates across York. Working in partnership with the local authority and community groups the aim is to achieve “Baby Friendly” status for the city.
Nurture was first established in Acomb in 2011 and following its success a second group was set up in spring 2013 in Clifton, with a third group planned to launch at the Avenues Children Centre in Heworth.
Nurture is now a joint initiative between the NHS, local Children’s Centres and Treasure Chest breastfeeding support group.
Mums can attend with babies for help with breastfeeding problems including attachment and positioning, alongside advice on dealing with thrush and tongue tie. It is a relaxed and friendly group, mums-to-be are also welcome to attend along with partners and grandparents.
Health Visitor Lynn Fitzharris, explained: “The establishment of the Nurture Groups not only supports women with breastfeeding problems and complexities but in turn supports the local peer support group Treasure Chest as well as helping with our health visiting caseloads.
“As well as supporting women our overall aim is to improve the continuation of breastfeeding.
 “Both groups are well attended and we are excited to be launching a third group shortly. An audit of breastfeeding rates is ongoing and in both areas, where there are Nurture Groups we are delighted to see an increase in breastfeeding rates at six to eight weeks.”

Printer cartridge recycling

THE TRUST is embarking on a partnership with TakeBack Ltd who will recycle our printer cartridges from all hospital sites in exchange for a donation to the York Teaching Hospital Charity (YTHC).
This is an environmentally friendly way for us to recycle our printer cartridges whilst raising funds for the charity.
From Monday 3 March 2014 please ensure you return any empty printer cartridges, packaged in the cartridge box, to your hospital post room. These need to be clearly labeled ‘FOR RECYCLING’.
We thank you for your support with this initiative and if you have any further queries please email fundraising@york.nhs.uk or call 01723 236210.